PREVALENCE OF ORAL LESIONS ASSOCIATED WITH TOBACCO USE AMONG THE PATIENTS VISITING K.S.R. INSTITUTE OF DENTAL SCIENCES & RESEARCH, TIRUCHENGODE” - A CROSS SECTIONAL OBSERVATIONAL STUDY

ABSTRACT

Background:

World Health Organization (WHO) predicts that tobacco deaths in India may exceed 1.5 million annually by 2020.

Objectives:

The aim of this study was to estimate the prevalence of tobacco use, its influences, triggers, and associated oral lesions among the patients of K.S.R Institute of Dental Science and Research, Tiruchengode, Tamilnadu, India.

Materials and Methods:

A hospital based cross-sectional study was conducted from November 2016 - October 2017. Patients with tobacco habits were included in the study. Patients were interviewed through a pre-tested structured questionnaire in relation to their tobacco habits, its influences and triggers. Also clinical examination was carried out to check for any tobacco related oral lesions.

Results:

The overall prevalence of tobacco use was 4.08%. Smoking form of tobacco was more prevalent in males (81.84%), where as smokeless form of tobacco was more prevalent in females (100%). Oral mucosal lesions was more prevalent in 51-60 years age group with 34%, subjects with secondary level of school education 39%, subjects with labourers by occupation 27.5%, subjects with no or less than 5000 income 56%
75% males admitted that they developed the habit due to initial influence of friends, where as 41% females starteted habit because toothache. Most common trigger for tobacco use for both males (58%) and females (79%) were “after meals / with tea or coffee” (53.13%). The most common oral mucosal lesion in both the males (18%) and females (31%) was tobacco pouch hyperkeratosis.

**Conclusion:**

Tobacco use in different forms is one of the prime factors responsible for potentially malignant disorders and cancerous lesions. Lack of awareness regarding harmful effects is a major reason.