

The Impacts of Cigarette Smoking on Nerves and Oral Health

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Abstract:

This paper effects of cigarette smoking on nerves and oral health. Smoking adversely affects the trigeminal, lingual, and nasopalatine nerves, leading to taste and smell disturbances, xerostomia, and decreased somatosensory function. Additionally, cigarette smoke contains harmful chemicals such as carbon monoxide, tar, benzene, arsenic, and formaldehyde, which contribute to the development of chronic diseases such as lung cancer, COPD, stroke, and heart disease. Smoking also impedes oral health by negatively impacting wound healing and promoting bad breath, staining, and aging. The paper underscores the critical need for smoking cessation interventions and public education campaigns to raise awareness about the deleterious effects of cigarette smoking. Overall, prioritizing smoking cessation as part of a comprehensive approach to promoting healthy nerves and oral health is paramount.

Keywords:

Cigarette smoking, nerves, somatos, health effects, periodontal diseases, slow response, xerostomia.

Introduction:

Cigarette smoking is a habit that has been linked to various health problems, including chronic diseases, cancer, and respiratory problems. However, it also has significant impacts on nerves and oral health. This paper aims to explore the

effects of cigarette smoking on nerves and oral health.

Impact on Nerves and Oral Cavity:

The nerves in the oral cavity are directly connected to the brain. Smoking affects various nerves, such as the Trigeminal nerves, which are attached to the teeth, jaw, and gums. An untreated tooth infection can quickly spread to the brain, causing severe complications. The jaw consists of several nerves, including the maxillary and mandibular nerves. Smoking can affect the lingual nerve, which affects taste, and the nasopalatine nerve, which affects smell. Additionally, impaired temperature perception is common among smokers, indicating a reduction of somatosensory functions in the tongue due to degeneration associated with smoking. Xerostomia, or dry mouth, is associated with hypo salivation, resulting in difficulty in swallowing, dry lips, dry eyes, and cracked lips.

Health Effects of Cigarette Smoking:

Cigarette smoke contains several harmful chemicals, including carbon monoxide, tar, and toxins such as Benzene, arsenic, and formaldehyde. These chemicals lead to headaches, dizziness, and slow response due to carbon monoxide binding with the oxygen delivered to the brain. Smoking is also linked to chronic diseases, including lung cancer, chronic obstructive pulmonary disease (COPD), stroke, and heart disease.

Impact on Oral Health:

Cigarette smoking affects the oral bacteria, immune system, and exocrine glands. It impairs wound healing and leads to bad breath, staining, and aging. Risk assessment for periodontal diseases is also higher in smokers.

Conclusion:

Cigarette smoking has significant impacts on nerves and oral health. It affects the nerves in the oral cavity, leading to taste and smell disturbances and xerostomia. Additionally, smoking leads to chronic diseases and oral health problems, including bad breath, staining, and aging. This paper emphasizes the need for smoking cessation interventions and encourages public education campaigns on the harms of cigarette smoking.