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## Role of exfoliative cytology obtained with customized cytobrush in clinically normal buccal mucosa of smokers and non-smokers: a cytomorphometric study

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**Introduction:** Tobacco smoking has been attributed to as major risk factor for carcinogenesis. Effects of smoking on oral health are well documented. Exfoliative cytological methods have been employed to examine these changes; especially in cells collected from the buccal mucosa Atypical cells are present on surface of mucosa in smokers compared to person who doesn't have any deleterious habit. The study was aimed to compare the cytology of cells collected from normal buccal mucosa in tobacco smokers, with results obtained for nonsmokers.

**Objectives:** The objective of this study was to evaluate the presence of atypical cells in apparently normal mucosa among smokers using Cytomorphometry.

**Material & Method:** The study population comprised of study group and control group. Study populations were further grouped based on the number of years of smoking habit, age, frequency and quality of smoking. Smears were collected using custom made cytobrush. Randomly selected 50 cells from each slide were evaluated from left to right, up and down on slide on 40x zoom.

**Results:** Results were obtained by measuring nuclear diameter, cytoplasmic diameter, nuclear and cytoplasmic ratio in each sub group and comparing between both groups.

**Conclusion:** The effect of tobacco from this study convince evidence that tobacco have definitively deleterious effect on oral mucous membrane in terms of nuclear cytoplasmic changes, which are the key features of malignancy. Such evidence could be used for educating the population regarding the adverse effect of tobacco as well as to encourage quitting habit.

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