

Do different types of smokeless tobacco products cause differing or similar oral lesions?

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Background: Different smokeless tobacco (ST) habits have been associated with the formation of oral lesions. A narrative systematic review was conducted to recap the specific oral lesions for each type of ST and describe the reversibility of these lesions.

Methods: A literature review of databases and websites up to 2010 was carried out as well as studies suggested from expert advice. 18 Epidemiological observational studies were identified (14 cross-sectional, 3 case-control and 1 cohort), which reported various smokeless tobacco products from 11 different countries, and the oral lesions associated with that form of smokeless tobacco. Data extracted in terms of study design, type of ST consumed, country of origin, sample characterization, sample size, publication date, oral lesion types, type of statistical analysis used and confounder control.

Results: Oral submucous fibrosis, oral leukoplakia, white keratotic lesion were found to be consistently mentioned with betel quid, betel nut and Qat chewing, respectively. Despite some other types of ST reported other oral lesions, the findings were inconclusive, with evidence lacking in statistical significance, sample size and adequate control over confounding factor. One cohort study reported oral lesions healing users upon stopping the habit.

Conclusion: Some types of ST tend to be associated with specific types of oral lesions at the site of ST consumption of risk factors. However, other types of ST need further studies, with adequate sample size and study designs (e. g well conducted cohort study) to achieve conclusive evidence.

Biography

Hussein Al-Mufti has completed his MSc from University of Glasgow. He has worked as a Maxillofacial Surgery Senior House Officer in Bradford and currently works in Canada.

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