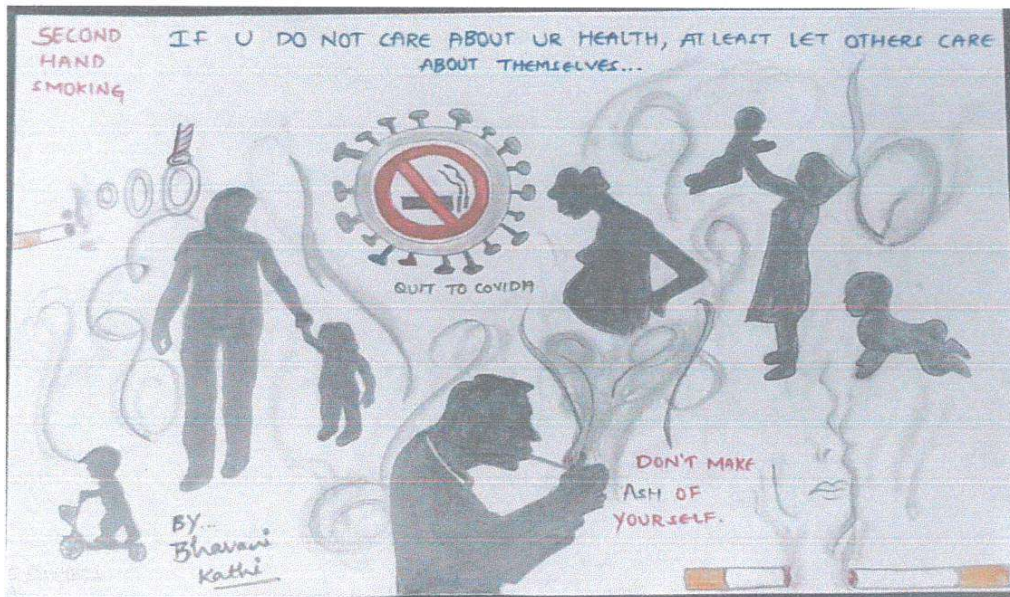
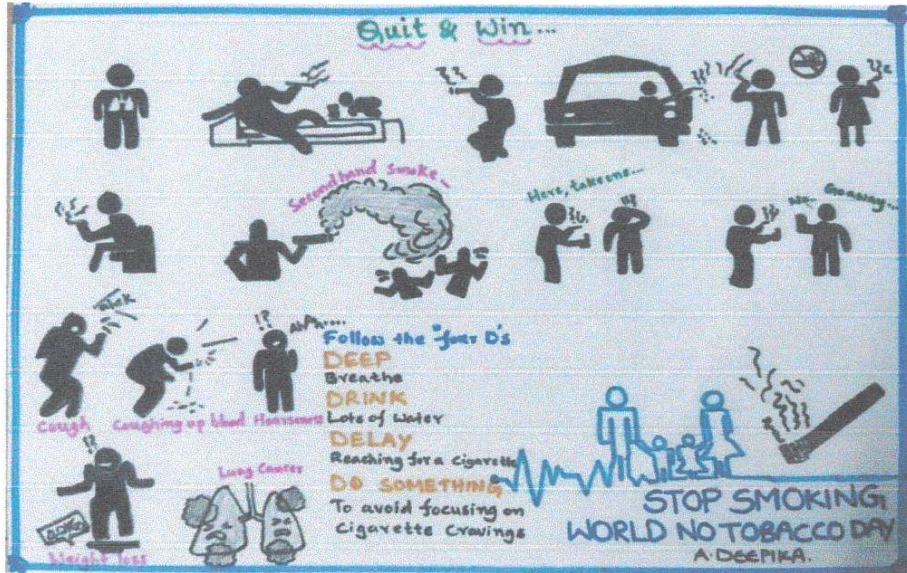




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Tabacco and Oral Health

COVID-19 and tobacco use

THE EFFECT OF THE CORONAVIRUS CAN BE WORSE FOR PEOPLE WHO USE TOBACCO

Tobacco use leads to disease and disability and harms nearly every organ of the body, including the lungs.

The coronavirus attacks the lungs - if your lungs are already damaged by tobacco use the effects of the virus could be worse.

Tobacco affects your immune system, meaning you're less able to fight off infections.

Smokers are four times more likely to develop oral health issues than non-smokers. Here are a few of the ways smoking can directly impact your oral health:

- Gum disease
- Tooth Discoloration
- Inflamed Salivary Gland
- Bad Breath
- Leukoplakia (white patches inside the mouth)
- Oral Cancer
- Increased Plaque/Tartar

HOW CAN YOU TRY QUITTING ...

- EAT HEALTHY FOOD.
- CREATE NEW HABITS INSTEAD OF SMOKING
- CONSULT YOUR DOCTOR

- Poster by:
- S JIGYANSA RAO
- RAO VAISHNAVI REDDY
- S SUKESH KUMAR

DON'T SMOKE

YOU WILL CHOKE

World No Tobacco Day was created in 1987 by WHO to get global attention on tobacco epidemic and preventable death & disease it causes

As per study, number of smokers surged to 1.1 billion in 2019. Tobacco smoking caused 7.7 million deaths, 1 in 5 deaths were of males worldwide. While, among new smokers, 89% got addicted by age 25. 155 million smokers worldwide belong to age group 15-24

Tobacco reduces the body's ability to fight infection, including in the mouth and gums. A simple infection can lead to something worse, like sepsis.

ADVERSE EFFECTS:

- Staining and discoloration of teeth
- Halitosis, effect on taste
- Smoker's melanosis, smoker's palate
- Caries
- Candidiasis
- Oral cancer
- Periodontal disease

BENEFITS OF QUITTING:

- Longer survival
- More successful treatment
- Fewer and less-serious side effects from all types of cancer treatment
- Faster recovery from treatment
- Lower risk of a second cancers
- Lower risk of infection
- Easier breathing
- More energy
- Better quality of life

WAYS TO QUIT THE HABIT:

- Nicotine replacement therapy
- Avoid triggers
- Counselling from experts
- Engaging in other physical activities
- Chewing sugarless gums
- Practicing relaxation techniques
- Spend time with family and friends
- Remind yourself of the benefits

say NO to TOBACCO, before life says NO to you

Roy

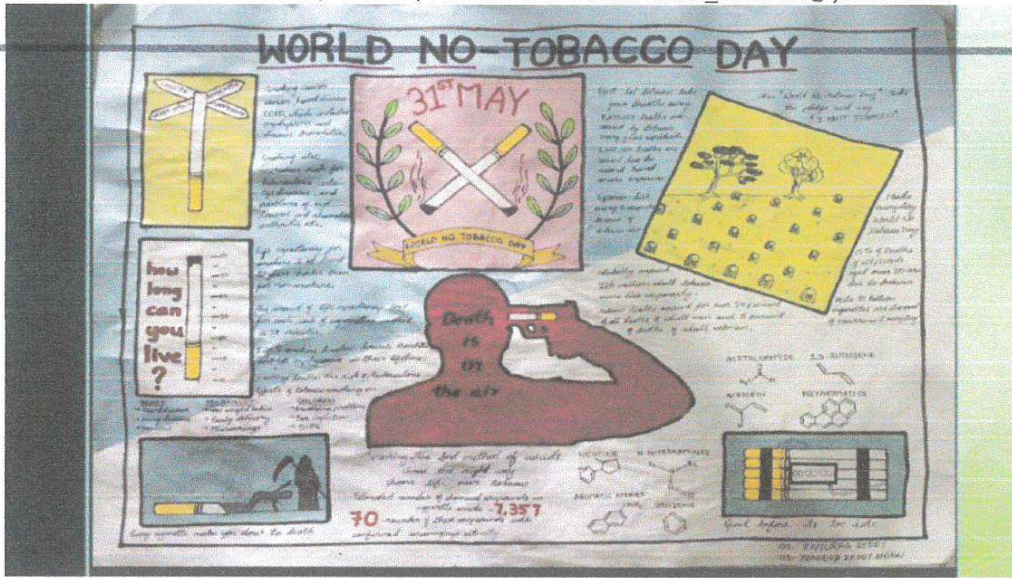
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TOBACCO IS WACKO...

WORLD NO - TOBACCO DAY

SELF DESTRUCTION

QUIT BEFORE IT KILLS YOU

YOUR LUNGS DON'T DESERVE TAR

SAY NO TO TOBACCO

IT'S INJURIOUS

MPower

MONITOR TOBACCO USE AND PREVENTION

PROTECT PEOPLE FROM TOBACCO SMOKE

OFFER HELP TO QUIT

WARN ABOUT DANGER OF TOBACCO

ENFORCE BANS ON TOBACCO

RAISE TAXES ON TOBACCO PRODUCTS



Tobacco effects on oral cavity



K. Deep

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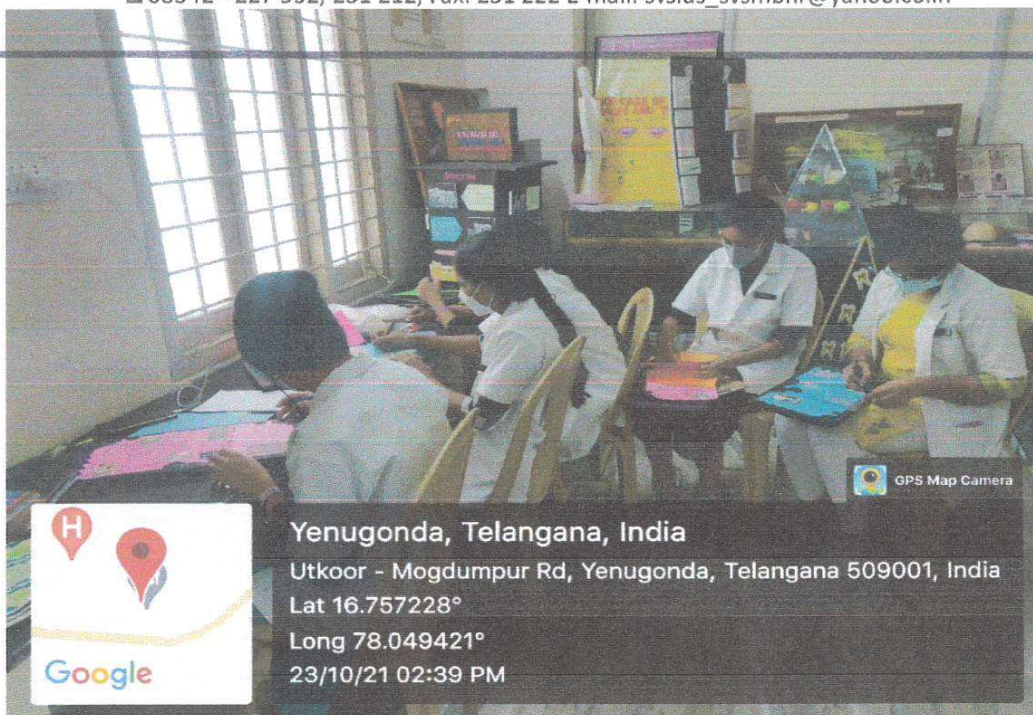
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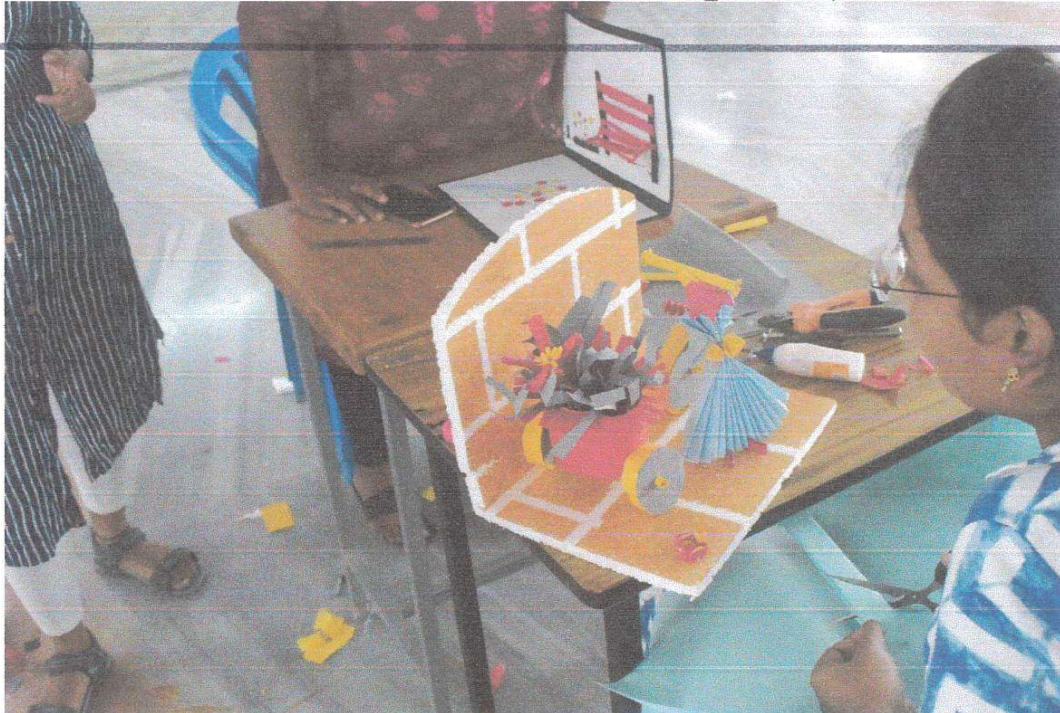
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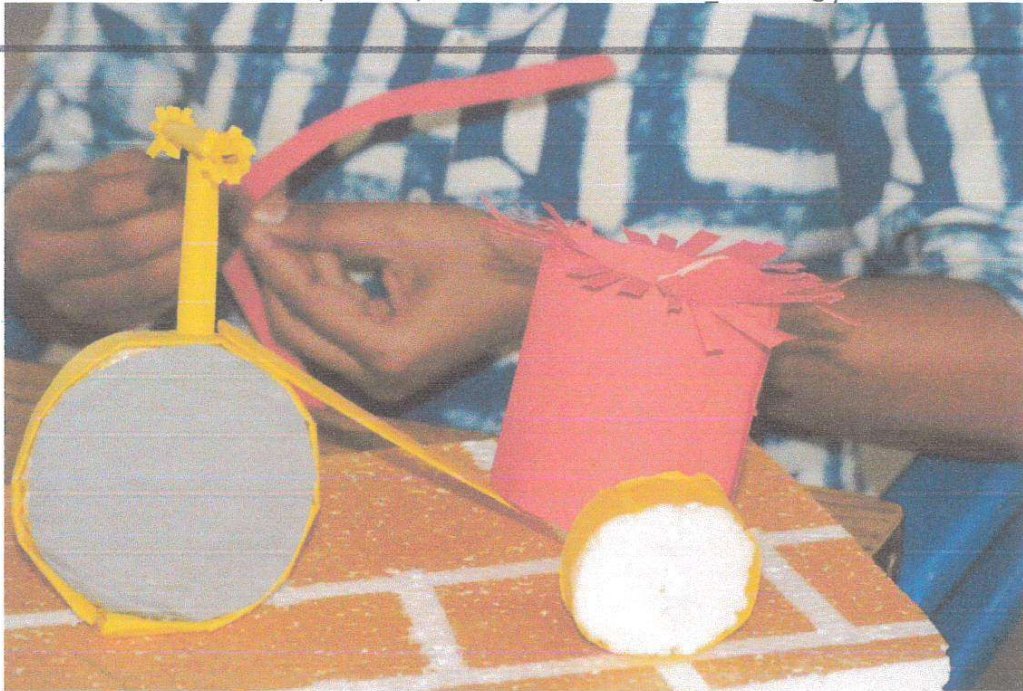
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Date: 31.05.2021

LIST OF WINNERS ON NO TOBACCO DAY COMPETITION (31ST MAY 2021) 1ST PRIZE

STUDY YEAR	1 ST PRIZE	2 ND PRIZE	3 RD PRIZE
FINAL YEARS	ANUSHMITA GOSWAMI ASHUTOSH KISHEN THALLA BHANU SAMYKYA	MANTHA RAGHAVI MANTHRIPRAGADA VYSHNAVI GUDUR SRITHA VASISTA	SAVANNA JIGYANSA RAO S. SUKESH KUMAR RAO VAISHNAVI REDDY
THIRD YEARS	M. CHINMAYEE TUNKIMETLA GANESH GOUD SRILAXMI	DEEKSHITA BARUAH	SNEHA KANCHA UNDAGOTI DIPTI SHRIRAM
SECOND YEARS	AKULA DEEPIKA CHENAGARAPU SHRAVANI ADDULA PRUTHVIKA REDDY	S. SRI VARSHA	MOHAMMED I BEGUM

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BOOKLET PROJECTS

S.NO.	TOPICS	DONE BY	BATCH
1.	PLAYGROUND SAFETY	K.NAVYA DEVI, JOHN RAJ KUMAR, K.SANTHOSH KUMAR, GOUSE MODHIN	2015
2.	TOBACCO PREVENTION	YASHWANTH, MANASA, MITHUSHA	2015
3.	TRAUMATIC INJURIES OF TEETH	MEENAKSHI, PRUDHVI	2015
4.	BALANCED DIET	AYESHA SAMREEN, AMENA TABASSUM, NADIA	2015
5.	SAY NO TO TOBACCO	VAISHNAVI JINDE, PRAKASHINI, VARUN, NIKHIL	2016
6.	DENTAL FLOSS	VAISHNAVI NAMBI, HARSHITHA, MAHEEN	2016
7.	THINGS YOU CAN DO INSTEAD OF SMOKING	DHEERAJA, AKSHAJ, SAINATH	2016
8.	GERIATRIC DENTISTRY	PRIYANKA, JYOSHNA, SIMRA KHAN	2015
9.	INTERDENTAL AIDS	SHUSHRUTHA, TRIPURA, CHANDRIKA	2016
10.	MALOCCLUSION	MRUDHULA, ZOHA, SRINIJA, NIKHILA, VARSHITHA	2016
11.	MOBILE DENTAL CLINIC	SREENIDHI REDDY, SRENI VOOSA, ADLA VASANT	2016, 2017
12.	GIVE YOUR TOOTH A MAKEOVER	PREETHI, PRAVALIKA	
13.	DENTAL IMPLANT SOLUTION – PONTIC BRIDGE SOLUTION	DEAN JONES, BHARATH KUMAR, G.VASAVI	2015
14.	FIVE GOLDEN RULES OF DENTISTRY	J.SREEVIDHYA, J.VAISHNAVI, K.KUMODHA REDDY	
15.	CAUSES OF BAD BREATH	BHAVANA KOLLI, RUBEENA	2015
16.	HEALTH EDUCATION FOR CHILDREN	P.MOUNIKA, P.ANJANEYULU	2015

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17.	ORAL HEALTH CARE STEPS	M.TEJASWI REDDY, A.SPANDANA REDDY	2014
18.	PREVENTION OF DENTAL CARIES	A.SHALINI, B.NEELIMA	
19.	SMOKELESS & SMOKED TOBACCO	SUSHMA, BHAVYA, PRIYANKA, ALEKHYA, GOUTHAMI	2015
20.	HEALTH CARE DELIVERY IN INDIA	SREE DURGA, SAVITHA BHARADWAJ	2012
21.	PART OF TOOTH WITH LIGHTENING	B.SINDHURI, G,LEELA LOHITHA	2014
22.	DEPARTMENT OF PUBLIC HEALTH DENTISTRY	SUSHMITHA, PADMINI, RAHUL, SUPRAJA, NIHARIKA	
23.	PARTS OF TOOTH	SAMPATH KUMAR, ANUSHA, MAHARSHI, BHAVNA, GEETHA SRI, RAKSHAN	2011
24.	WHEEL OF FORTUNE	SATHVIKA, SAI KEERTHI, GOPAL, FLORENCE, AMANI, NIKITHA	2011
25.	KIDS HOME	KAREEN, KASTURI, LAVANYA, VENKAT, THANMAI, NARASIMHA	2013
26.	ICEBERG PHENOMENON	VINAY, SWATHI, MEGHANA, SRITEJA, ANUPAMA	2013
27.	ROOT CANAL TREATMENT	SANDHYA RANI, LEKHA SUPRAJA, LIKITHA, HARIKA REDDY	
28.	SMILE TRAIN	VANAMMA, BHARATH RAJ, UMA DEVI, PRUDHVI RAJ	2008, 2012
29.	PREVENTION & TREATMENT OF PERIODONTAL DISEASES	ANUSHA, DIVYA, FIZA, MOOSAVL	
30.	ROOTCANAL TREATMENT	SAI KRISHNA, S.PRASHANTHI, A.VYSHNAVI	
31.	FLOURIDES	SHIVANI.N., MALLESH CHOUHAN	2016
32.	FLOURIDES	KAVYA.T., KAVYA SHRUTHI, BINDU, NANDINI	2016


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CHARTS

S.NO.	TOPICS	PRESENTED BY
1.	COVID-19 , PRECAUTIONS & YOUR DENTAL VISIT	K.SHIVANI, K.KAVITHA, J.KAVITHA
2.	RADIOLOGICAL FEATURES OF COMMON DENTAL PROBLEMS	K.SRIYA, B.SHRAVYA SRI, SAMREEN KHAN, AFSHAN TARANNUM
3.	LASER DENTISTRY	ANUSHA, DIVYA, GAYATRI, KAVITHA
4.	EVOLUTION OF SMOKING	NIKITHA, MITHUSA, ABHISHEK, SREE DHANYA, SADAF ARJUMAND
5.	PARTS OF ORAL CAVITY	J.K.BHARATH, J.NAVYA, ALEKHYA, GOUTHAM

TABLE CLINIC

S.NO.	TOPICS	PRESENTED BY
1.	IDEAL DENTAL CLINIC	B.PRANATHI, B.SWETHA, B.SHARATH CHAITANYA, BHEEMARAPU ANUSHA
2.	LEVELS OF PREVENTION OF PERIODONTAL DISEASE	SRI LAXMI TEJA, JAMUNA, SRUTHI, M.PRANAVI, M.MANASA
3.	INTERCEPTIVE ORTHODONTICS	J.NARESH, A.SURESH, N.RANJITH, K.HARISH KUMAR
4.	FACIAL PROSTHESIS	SNEHA, SREEJA, GURUPRIYA
5.	TOOTH WHITENING METHODS	ELIZABETH, TEJASWI, GOWTHAMI
6.	DMFT INDEX	ZEESHAN, TAHNIYATH FIRDOUS, NARESH, DEEPTHI
7.	DENTAL CARIES- INSTRUMENTS OF CAVITY PREPARATION & RESTORATION	SRAVANI, MANASA, RAMULU, MINHAJ
8.	CARIES DIAGNOSTIC AIDS	RAJU, SURESH, AJAY
9.	BIOMEDICAL WASTE MANAGEMENT	AKHILA, ASMA
10.	DENTAL IMPLANTS	NAVYASREE, SRISAI SIRI, SAITEJA, KALPANA DEVI
11.	BEHAVIOUR MANAGEMENT	S.PRIYANKA, V.SNIGDA, Y.NAVYA
12.	TAKE CARE OF YOUR BRACES	KAVYA.K., M.PRIYANKA
13.	FREQUENTLY ENCOUNTERED DENTAL DISEASES & THEIR TREATMENT	K.RUSHIKA, K.NIHARIKA

R. Oey

14.	BALANCED DIET	SIDDHARTH, SAI KRISHNA, EVANGALINE, VAMSHI, AMTUL FLAFERZ, VASAVI
15.	HEALTH COMMUNICATION	MONA REDDY, MOUNIKA REDDY
16.	BEHAVIOUR MANAGEMENT	HABEEBA NAZMEEN, HASEENA AHMED, INDIRA, RANJITHA
17.	IMPACTIONS	SANKEERTHANA, SAVITHA RANI, SHIKAARYA
18.	MODEL ON ORTHODONTIC TREATMENT	SHIVA CHARAN YADAV, SOWMYA, SHIVA SHANTHI
19	DENTAL AUXILLARY	SOFIA, SUMAYYA, SYED ZAHEER, SYED AMERA

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