

Review of: "[Mini-review] Impact on Oral Health of Smoking Cigarettes, Cigars or Hookahs"

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Potential competing interests: No potential competing interests to declare.

This mini-review by Carolina dos Santos Santinoni and colleagues at the Federal University of Santa Catarina, Brazil, provides a comprehensive overview of the impact of various smoking methods on oral health. The authors synthesize research findings to illustrate the range of oral health consequences associated with smoking, including tooth pigmentation and oral cancer. A critical aspect of the review is the emphasis on the dose-dependent nature of smoking's effects, both in active and passive smokers.

The review is unique in its comparison of different smoking methods. It highlights the specific risks of cigars, which, unlike regular cigarettes, lack a filter and have direct oral contact, thus increasing the risk of oral cancer. The paper also addresses the relatively recent rise in the popularity of electronic cigarettes and hookahs. It points out that these methods are not safer alternatives to traditional smoking. Electronic cigarettes, while illegal in Brazil, and hookahs can cause nicotine dependence and expose users to various harmful substances.

One of the critical insights of the paper is the highlighting of the legal status and health risks of electronic cigarettes in Brazil. This inclusion is crucial because it not only addresses a public health concern but also reflects the legal and regulatory framework surrounding smoking products in Brazil.

The authors conclude by underscoring the importance of healthy habits and regular dental check-ups in mitigating smoking-related oral health issues. They advocate for prevention as the primary strategy against diseases induced by smoking. This conclusion effectively ties the review back to practical implications, emphasizing the role of both individual behavior change and healthcare intervention in combating the adverse effects of smoking on oral health.

Overall, the review is well-structured and thorough, presenting a clear picture of the extensive impacts of smoking on oral health. It successfully integrates research findings with practical implications, making it a valuable resource for both healthcare professionals and the general public.