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**The relationship between smoking cessation and mouth ulcers**

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## **The relationship between smoking cessation and mouth ulcers**

### **Abstract:**

Patients who stop smoking often complain of aphthous (mouth) ulcers. This symptom is sometimes attributed to the use of smoking cessation medications, some researchers say that mouth ulcers may be caused by the loss of antibacterial properties of smoking

This presentation aims to demonstrate that aphthous stomatitis may occur after smoking cessation in three studies that have been done .

### **Introduction:**

A lot of studies confirm that aphthous stomatitis may follow smoking cessation .

the Mouth ulcers are very common, occurring in association with many diseases and by many different mechanisms .

the ulcer defined is Break in the continuity of the surface epithelium .

the causes of oral ulcers is : Infective (microbial) , Traumatic , Idiopathic : Recurrent aphthous stomatitis ie: quit smoking ulceration , Associated with systemic disease , Neoplastic or other causes and the oral ulcers classified primary or secondary Primary ulcers: they are not preceded by vesiculobullous lesion and Secondary ulcers they are preceded by vesiculobullous lesion.

The quit smoking means breaking the cycle of addiction and essentially rewiring the brain to stop craving nicotine.

This report confirms that mouth ulcers are a common result of stopping smoking in 3 published studies .

## **Discussion:**

In 2004 McRobbie H et al investigated the incidence, severity, and time course of mouth ulcers in 1234 smokers.

After stopping smoking, 40% of patients developed mouth ulcers, mostly in the first 2 weeks. The problem was generally mild, but 8% reported severe ulceration. The ulcers resolved within 4 weeks in 60% of patients affected.

and finally confirm that mouth ulcers are a common result of stopping smoking, affecting two in five quitters

in 2003 M Ussher et al assessed 174 smokers attending a seven week smoking cessation programme combining behavioural support with nicotine patches.

a significant increase in reports of the number of cold symptoms was observed following one and two weeks of smoking abstinence ( $p = 0.009$  and  $p = 0.038$ , respectively) and an increase in reports of mouth ulcers after one and two weeks of abstinence ( $p = 0.004$  and  $p = 0.008$ , respectively) .

in 2007 Kamile Marakoğlu et al evaluate 90 subjects for frequency of recurrent aphthous stomatitis within the 6-week period after quitting smoking The aphthous ulcer frequency observed in the patients taking nicotine replacement therapy [11.4% (4/35)] was lower when compared with the subjects taking no Nicotine replacement therapy [24.1% (7/29)] ( $p > 0.05$ ). The results of this study confirm that Recurrent aphthous stomatitis is a complication of quitting smoking .

## **Conclusion:**

The prevalence of recurrent aphthous stomatitis was significantly high after smoking cessation .

## **Recommendation:**

Smokers should be informed that they have an increased chance of experiencing these symptoms on stopping smoking. Being psychologically prepared for these effects may reduce their impact on the attempt to stop smoking .

Further studies are needed to identify the effects of nicotine replacement therapy on recurrent aphthous stomatitis .

## **References:**

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