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Study of Oro-Respiratory Symptoms in Smokers and to Compare Them with Non-Smokers Among Patients Attending a Tertiary Hospital

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ABSTRACT

India is now believed to have a high burden of tobacco and its related morbidity and mortality. Tobacco use in India is increasing but there are considerable changes in the types and methods by which it is used. Present study was aimed to compare oro-respiratory symptoms in smokers and non smokers among patients attending a tertiary hospital. Present study was institution-based case control study. The study was conducted on a sample of 300 subjects, who were divided into four groups. The first group consists of regular Tobacco smokers (75 subjects), second group consists of regular tobacco chewers (75 subjects), regular tobacco smokers and tobacco chewers (75 subjects) and control as individuals whom neither tobacco smokers nor tobacco chewers in their lifetime (75 subjects). Physical health problems were more in those who smoked and those who used both the forms compared to the ones who chewed tobacco. Tobacco usage does not cause any form of emotional health problems in participants of different forms of usage. Social activities and pain posed a problem more in those who smoked and those who used both the forms compared to the ones who chewed tobacco. Oral symptoms were maximum in tobacco chewers compared to the other type of participants The symptoms of cough, phlegm, breathlessness and wheezing were more common in smokers and those who used both the forms. Oro-respiratory symptoms are higher in both (tobacco chewers, tobacco smokers) as compared to tobacco smokers, tobacco chewers and control respectively.