



Bite

## Word of mouth

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Featured

# Have we found the smoking gun for vaping?

E-cigarettes and other electronic nicotine delivery systems (ENDS) have gained popularity in recent years among young people and former cigarette smokers as they're perceived to be healthier and are a more socially-accepted alternative to conventional smoking. But are they as harmless as the promoters of e-cigarettes claim them to be?

Electronic nicotine delivery systems were invented in 2003 by a pharmacist in China. They began to appear on the market in 2004 and have since been steadily gaining popularity and turning into a multi-billion dollar industry.

ENDS are a hand-held electronic device that heats up a liquid turning it into an aerosol that can be easily inhaled by the users. The liquid that is designed to be used with ENDS is called e-liquid and it often contains nicotine, propylene glycol, glycerine and variations of flavourings.



ENDS have been marketed as a 'healthier' alternative to cigarette smoking as the aerosol can deliver nicotine without generating toxic tobacco combustion products. However there are growing concerns over the long-term effects of the ENDS use as well as a growing popularity among non-smokers, particularly the youth.

While the general health benefits may be better in comparison to conventional smoking, there is evidence to suggest that ENDS are still quite harmful when it comes to your oral health.

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### This month...

*With rising costs and proven serious health problems, conventional smokers are turning to vaping. The novel, flavoured e-cigarettes are quickly being taken up by younger generations under the promise that they're the healthy alternative—but is that justified or simply wishful thinking?*

*This month's feature article explores the evidence so far and in particular investigates vapings impact on oral health.*

*Kat shares a simple and effective tip for those with dentures, other oral devices and lovers of all things natural.*

*Lastly, we put our hands together for a sterling (and exhausting) effort from one of our team members.*

Dr Simon Franks





References:

1. <http://www.atsjournals.org/doi/abs/10.1513/annalsats.201312-433ps>
2. <https://www.sciencedaily.com/releases/2016/11/161116101821.htm>

A study conducted in 2016 in Canada showed that a large number of mouth cells exposed to e-cigarette vapour in the laboratory die within a few days. Those cells were predominantly oral mucous membrane cells that act as a first line of defence against bacteria and other pathogens. By breaching that defensive barrier, oral tissues become more prone to infections, inflammation, gum disease and even oral cancer if they are exposed to vapour over long-term.

It was also found that some flavours can be more harmful than others due to their chemical composition. What's concerning is that manufacturers don't have to disclose the constituents of those flavourings.

Additionally not all ENDS are made the same, variations of battery voltage and unit circuitry which can result in variability of the concentration of nicotine and other constituents of the aerosol.

While we can't make your choices for you, we do urge both vape and conventional smokers to have regular oral cancer checkups—which we conduct as standard here at Bite.

### Healthy Hygiene Hints

#### Natural trick for cleaning appliances

Did you know that you can use plain white vinegar to clean your oral appliances?

Just like natural teeth dentures and mouthguards can get a build-up of stain, plaque and tartar making them look dull. Vinegar is an acid that can dissolve hard deposits on your appliances.

Just soak them for few hours a couple of times per year if you notice the build-up. Make sure to dilute the vinegar in a 1:4 with water if you are using it on appliances containing metal parts and never use anything but specially-designed dissolvable tablets for your Oventus device.

Kat



#### Team

#### Going the distance!

We're congratulating Stacey and her fiancé Aaron on completing the Hawke's Bay Marathon in New Zealand few weeks ago!

They spent months training for it and succeeded at completing a gruelling 42 km run. We're very proud of you two!

Celebrate everyday heros. Let us know if you have a cause you'd like us to shout about.