

Smoking, Oral Health & HIV: The Quiz



Back by popular demand, here is another quiz for our smart readers to tackle on the negative impact of smoking, second-hand smoke, and the use of tobacco products on the oral health of people living with HIV/AIDS. For multiple choice questions, more than one answer may be correct.

Next month, Howard Dental's resident experts will weigh in on this important topic.

1. *Why does smoking, second-hand smoke, and the use of tobacco products have a greater impact on people living with HIV/AIDS, compared to the general population?*
 - a. Smoking weakens the immune system, making it even harder to fight off and treat opportunistic infections associated with HIV.
 - b. Smoking increases the risk of HIV-associated malignancies and other cancers found among people living with HIV/AIDS.
 - c. HIV-positive individuals, who are at greater risk for heart disease because of lipodystrophy, significantly compound that risk by smoking.
 - d. All of the above.

2. *True or False: People living with HIV/AIDS are more likely to smoke than the general population.*

3. *What are some reasons why people living with HIV/AIDS are more likely to smoke or use tobacco products than the general population?*
 - a. They experience higher amounts of anxiety and stress than people in the general population.
 - b. They experience a wider range of emotions than people in the general population.
 - c. Many of the people they know who are also living with HIV/AIDS smoke or use tobacco products.
 - d. All of the above.

4. *People who smoke and are living with HIV/AIDS are more likely to have the following types of cancer than people living with HIV/AIDS who don't smoke:*
 - a. Lip
 - b. Mouth
 - c. Throat
 - d. Lung
 - e. Stomach

5. *The American Cancer Society estimates that ___ % of people with oral cancer (cancer affecting the lips, tongue, throat, and mouth) have used tobacco in some form:*
 - a. 30
 - b. 58
 - c. 75
 - d. 90

6. *True or False: Pipe and cigar smokers have fewer oral health risks than cigarette smokers.*

7. How many chemicals known to increase the risk of oral cancer and cancer of the throat and esophagus are contained in snuff, chewing tobacco, and other smokeless tobacco products?

- a. 17
- b. 28
- c. 39
- d. 52

8. How many carcinogens (cancer-causing compounds) does a cigarette contain?

- a. 43
- b. 87
- c. 232
- d. 4,000

9. True or False: Not inhaling cigarette, cigar, or pipe smoke will decrease your risk for oral health problems.

10. What are some of the most effective ways to quit smoking?

- a. Over-the-counter or prescription medicine
- b. Altering routines that encourage or trigger smoking
- c. Alternative treatments such as acupuncture and hypnosis
- d. Taking better care of yourself through exercise and healthy diet
- e. Informal or formal support groups
- f. All of the above

Answers:

- 1. D
- 2. True
- 3. D
- 4. A-D
- 5. D
- 6. False
- 7. B
- 8. A
- 9. False
- 10. F

Sources:

http://www.health.ny.gov/diseases/aids/facts/helpful_resources/hiv_cancer.htm

<http://www.cancer.org/Cancer/CancerCauses/OtherCarcinogens/InfectiousAgents/HIVInfectionandAIDS/hiv-infection-and-aids-cancer-and-hiv>

http://www.outtoquit.org/facts_hiv.html

<http://www.webmd.com/oral-health/guide/smoking-oral-health>

<http://dentistry.about.com/od/dentalhealth/a/smoking.htm>

<http://www.everydayhealth.com/dental-health/101/dont-smoke.aspx>

http://www.hivpositivemagazine.com/Smoking_20101.html

<http://www.quitsmoking-support.com/whatsinit.htm>

http://www.bodypositive.org.nz/Pages/Living_with_HIV/HIV_and_Smoking/

