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Effects of oral pH changes on smoking desire

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Abstract

Aim: In order to increase the absorption nicotine products are buffered to alkaline pH. In our study, the relationship between saliva pH and smoking desire was investigated in order to evaluate the intra-oral acid-base status after caffeine use.

Methods: 43 smoking and 39 nonsmoking cases included in the study. A standard questionnaire was applied and oral examinations were performed with the mirror sonds. Untreated saliva samples were taken at least 1 hour after breakfast for 5 minutes. Saliva flow rate and pH values were measured. Standard sugar free instant coffee was offered to the subjects and saliva pH was measured. After water, salivary pH was reevaluated. Smoking desire was evaluated with visual analog scale.

Results: It was found that smoking cases had worse oral hygiene, their debris and calculus were higher, but gingival bleeding was less than the other group ($p<0.005$). Although salivary flow rates and the saliva pH values of the smoking subjects were found to be lower but not statistically significant. In both groups, pH values were increased after coffee ($p<0.005$) and decreased after water ($p<0.005$). In the correlation analysis, a statistically significant result was not obtained, however, smoking desire was increased with coffee and decreased with water.

Conclusions: Alkaline value of the saliva increases the absorption of nicotine. After an acidic product (pH:5.5) pH increases. A decrease in saliva pH is observed after water and suppresses the smoking desire. The results suggest that in behavioral and cognitive therapies that we think are as important as pharmacological therapies in the process of smoking cessation, it contributes to treatment with simple behavior such as water drinking.

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