SUMMARY AND CONCLUSIONS

Results of 253 healthy adult males comprising of the tobacco habiters and controls have been presented and discussed. All the subjects underwent intra-oral examination for determining oral hygiene status, gingival inflammation, periodontal disease, recession, attrition, stains and also had their salivary immunoglobulin A estimation carried out. Local immune recovery was also checked in separately grouped individuals on tobacco cessation. Change in leukoplakia severity as well as local immune recovery was assessed on tobacco cessation. On the basis of our observations, the following conclusions have been drawn:

1. Smokers and chewers have significantly more debris, calculus, stains, gingival inflammation, periodontal disease and attrition. The problem is more pronounced in chewers as compared to smokers.

2. In all smokers and chewers debris, calculus, stains, gingival inflammation, periodontal disease and attrition increase progressively with increase in frequency and duration of habitual tobacco usage.

3. In chewers, more than 50% of teeth at site of placement of tobacco demonstrate gingival recession. The grades of recession are significantly associated with the extent of chewing habit. It is also found that as extent of chewing habit increases, the grades of recession also increase linearly.

4. In all smoker and chewer sub-groups, except passive smokers, there is significant decrease in salivary immunoglobulin A.
5. Smokers and chewers groups show significant variation and corresponding decline in salivary immunoglobulin A values according to intensity and duration of tobacco exposure.

6. The decrease in salivary immunoglobulin A levels is more evident in chewers compared to smokers.

7. Regression equation used to express salivary immunoglobulin A at the time of quitting tobacco habit for ex-smokers and ex-chewers shows very high predictivity, i.e. 97% for ex-smokers and 88% for ex-chewers.

8. After one year of quitting tobacco habit among smokers and chewers significant immune recovery and leukoplakia reversal was observed.