



# Graduate dental students' knowledge about tobacco cessation and oral cancer

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## Abstract:

**Introduction:** During graduation, dental students receive information about oral health risk factors including tobacco and alcohol use. One of the most vital aspect is to be aware about the oral cancer and the importance of its early diagnosis, which has a direct impact on the outcome treatment and survival rates. **Methods:** The aim of this study was to evaluate the interest and knowledge of dental student's about tobacco use, tobacco use cessation and oral cancer. They were third year graduation students from São Paulo State University (Unesp), Institute of Science and Technology, Campus São José dos Campos, Brazil. After 2 hours' class about the topics discussed (Table 1) all the participants answered a semi-structured questionnaire evaluating their previous knowledge and following the presentation, including their interest in study more about the issue, class environment, technology used and expectations. Also were included questions about their opinion about the instructor's skills and their interaction with the group. The scores used in the questionnaires were 1 – 10 (1 – 2 = strongly disagree, 2 – 4 = disagree, 5 = uncertain, 6 – 7 = agree, 8 – 10 = strongly agree). For statistical analysis the Wilcoxon matched-pairs signed rank test and Mann Whitney test were used. **Results:** 48 students answered the questionnaire. The Wilcoxon matched-pairs signed rank test showed significant differences between the previous knowledge about the theme and after the presentation). The main score for the previous knowledge was 6.32 points and after presentation was 8.37 points ( $p < 0.0001$ ). The interest on studying more about the subject after the lecture increased as well as the interest to use the acquired skills to further professional daily activity. Main scores are showed on Graphics 1 and 2. **Conclusion:** The graduation's students showed interest on lectures participation and they had improved their knowledge following the presentation. Interests on keep studying and use the knowledge on daily activities increased significantly. Further interventions should be used to improve their participation on tobacco cessation intensive intervention and oral cancer early diagnosis.

**Key words:** Tobacco use cessation, Oral cancer, Students, Dental

Table 1

Table 1 – Class topics

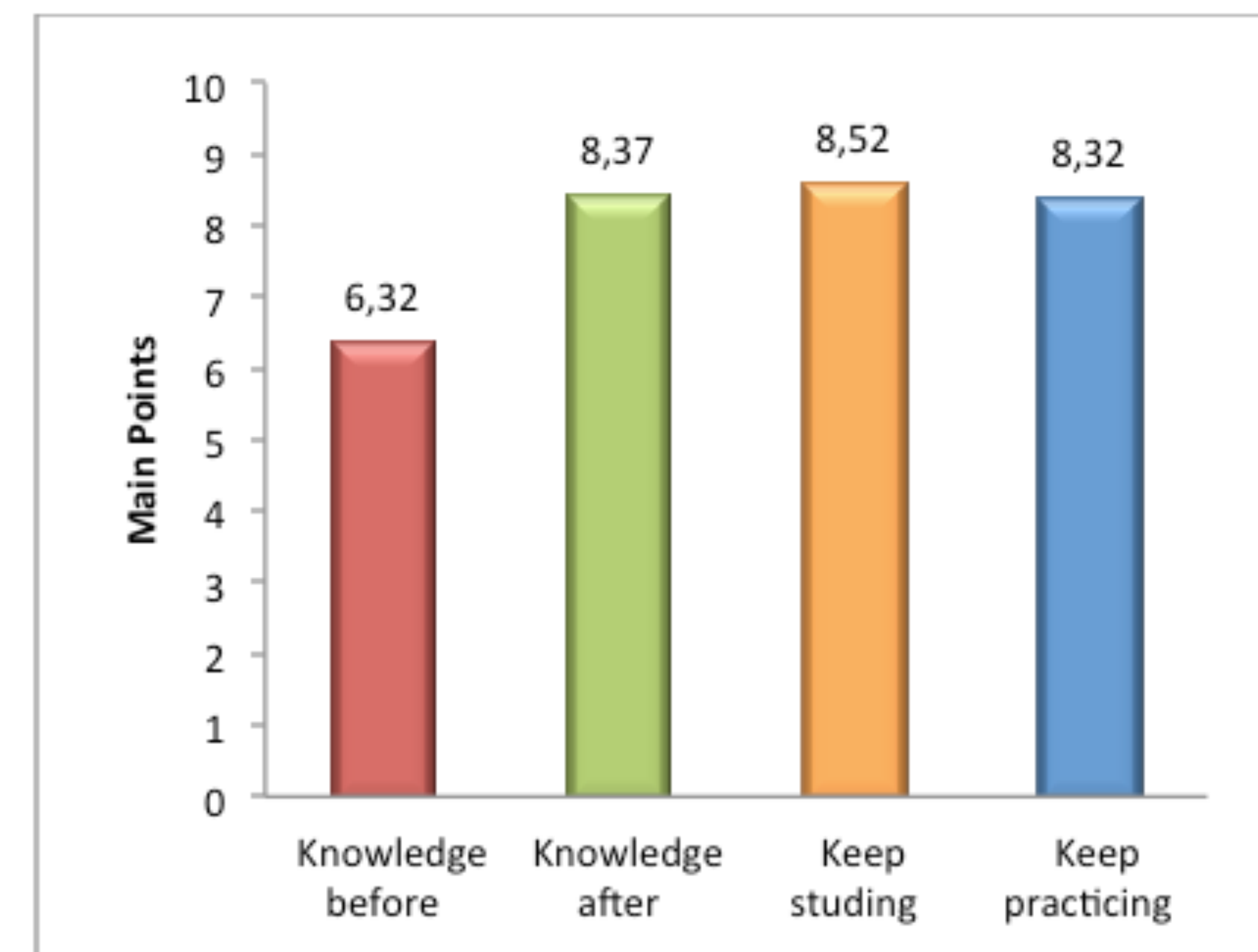
## Tobacco use and cessation:

- Tobacco History
- Tobacco in the World and Brazil
- Different type of tobacco delivered devices
- World Health Organization (WHO) and Tobacco Control Policies
- Nicotine Dependence (ND)
- The Fagerström Test For Nicotine Dependence
- Tobacco users quit interventions
- Tobacco cessation service at Unesp

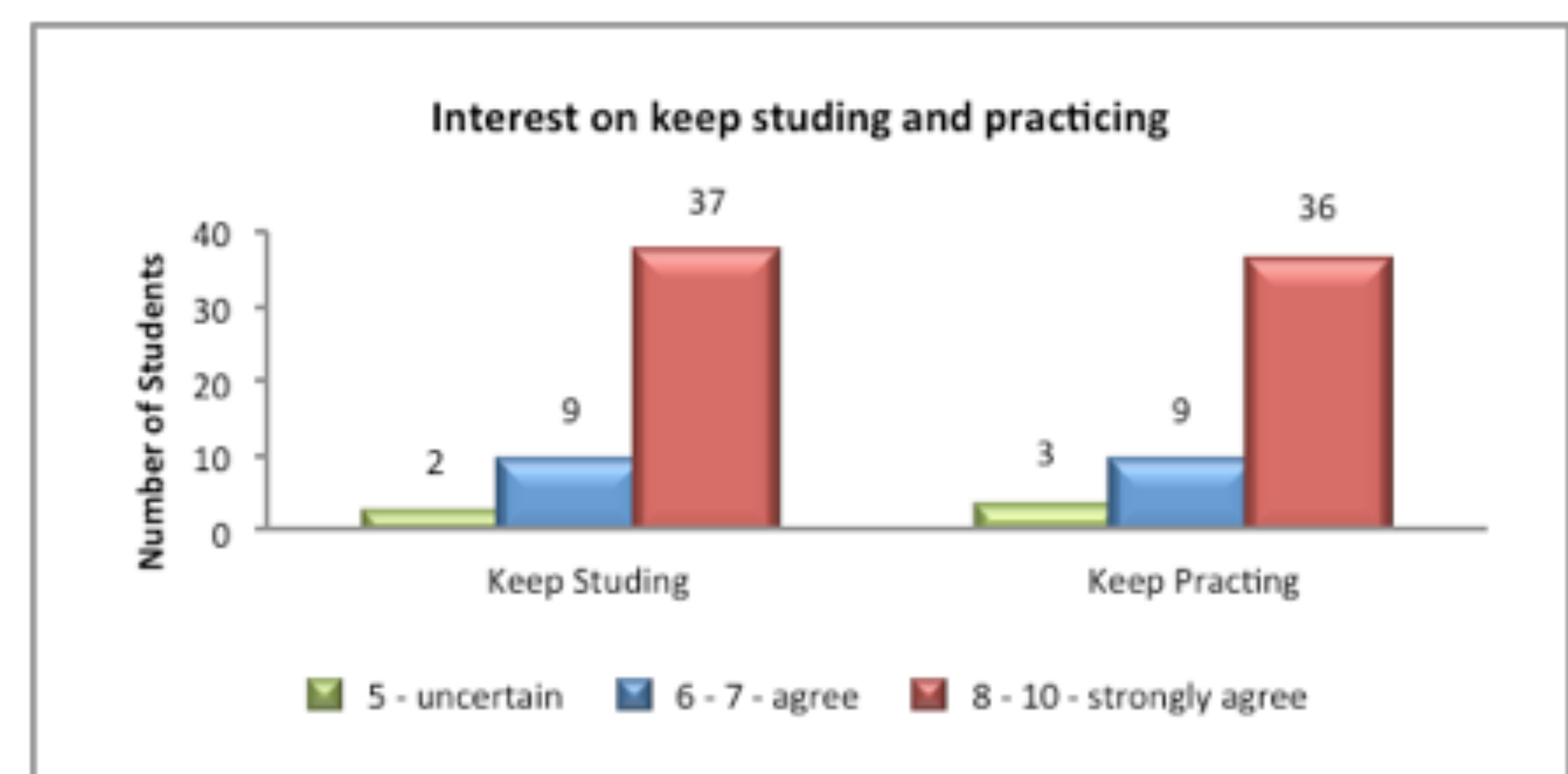
## Oral cancer:

- Oral cancer in the world and Brazil
- Risk factors: tobacco use, alcohol, infections
- Diagnosis
- Importance of early diagnosis
- TNM Stage
- Treatment

Graphic 1



Graphic 2



## References:

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## Biography

Celso Bandeira graduated in medicine in 1993 and for more than twenty years he has been working with head and neck surgery. After being invited to contribute for the Head and Neck Genome Project (GENCAPO), he started his Master's Degree, which was concluded in 2012. In 2014 he started his PhD study at São Paulo State University (Unesp), Institute of Science and Technology, Campus São José dos Campos, Brazil. In that institution he has been a member of the Ethic Committee for the last three years and also working together with dentistry graduation students, where he had the opportunity to develop research projects in this area. The doctorate study gave him the opportunity to work with dentistry graduate students and improve the oral cancer prevention in Dentistry Setting. With extensive experience in head and neck surgery, he believes that such achievements have made him capable to investing in foreign activities as an academic professor in your institution where oral health should be considered as an important aspect of interaction and concern between both health areas such as Medicine and Dentistry.

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