



PerioConnect

Champlain Periodontal's patient newsletter

Dr. Brian Huber (802) 862-1435 www.champlainperio.com

Welcome to our newsletter! Please enjoy some oral health information and updates about our office.

E-CIGARETTES: NO SMOKE BUT PLENTY OF FIRE

As many of you know, our Dr. Zablotsky has been very active in the national effort to reduce the incidence of cigarette smoking. He is an expert in the topic of smoking risks and cessation. We asked Dr. Zablotsky to share his perspective on E-cigarettes.

It has been reported in the news that E-cigarettes are becoming more popular with kids and young adults for the same reason that cigarettes are popular. E-cigarette users, especially those who use the term 'vaping' seem cool, exciting, sophisticated, rebellious, and defiant; behaviors which all appeal to this age group. However, there is also a growing group of E-cigarette users that are motivated to use them by very different reasons. Some adults use E-cigarettes because smoking is banned in so many places where E-cigarettes may be allowed. We are also noticing adult smokers using E-cigarettes as a way to help them quit smoking or as a 'healthier' choice for nicotine cravings. What do we think about E-cigarettes and how do they affect your oral health? Read on to find out.

First some history about the E-cigarette. The e-cigarette was first developed in 1963 by Herbert Gilbert, who had no success in marketing it. In 2003 it was retooled by Hon Lik, a Chinese pharmacist, who had lost his father, a heavy smoker, to lung cancer, and wishing to quit himself. Basically, the electronic cigarette is a battery powered nicotine delivery system that simulates smoking a real cigarette. Over the past few years this product has morphed from using replaceable nicotine cartridges, to those that can be refilled with different concentrations of liquid nicotine.

Many e-cigarettes also use propylene glycol, the same chemical as anti-freeze, as their mist-forming agent in the vapor that is inhaled and exhaled. There is scant research to assess this chemical's safety when it is vaporized, but a new study just released by the National Institute of Health has shown in its early findings that human lung cells are showing malignant changes to these "vapors." Other studies are now showing harmful chemicals are also present in this mist as well.

There are several claims about e-cigarettes that have yet to be proven. First, that they are effective in their use in tobacco cessation. There are several studies that fail to show E-cigarettes as a significant tool for smoking cessation. As a matter of fact, most people, nearly 75% of those who use E-cigarettes continue to smoke traditional cigarettes as well. These individuals are still exposed to the harmful effects of smoking. Second, that they are a safe alternative to cigarettes. Although there may be fewer carcinogens in e-cigarette aerosols, they are far from a "healthy" alternative. It is being shown that there are many dangerous ingredients in their aerosol as noted above, and nicotine is not a benign chemical to be inhaled.

It is too early to tell what the longer term oral and systemic health implications of e-cigarette use will be, but studies are starting to show that they can irritate mucous or soft tissue membranes, compromise the bronchioles of the lungs, damage connective tissues, and as stated before, chronic nicotine use can harm the developing brain, not to mention the blood, lungs, muscles, nervous system, and heart function.

The bottom line is this...if you use E-cigarettes as a part of an active smoking cessation program and it works, great! If you are adding E-cigarettes to a smoking habit as a healthy alternative, know the risks to your health may still be substantial. As far as we know there are no healthy nicotine cigarettes, electronic or traditional.

A note from Dr. Zablotzky

First, I must say that I really miss seeing my patients and my terrific staff. Over the years you all were my extended family. Speaking of family, mine has grown considerably since I stopped practicing. My daughter Joanna has a 4 year old daughter and a one year old twin girl and boy. They are amazing. My son Ben and his wife welcomed a baby girl this winter so this past few years have been very productive for Barbara and me.

On the professional front, I have been enjoying my lecturing and teaching on tobacco related issues. I am presently lecturing for a medical and dental school in Florida, as well as being fortunate enough to be invited to speak to groups across the country and for the American Dental Association. I am passionate about teaching all healthcare professionals how to work with their patients to quit their nicotine addiction.



Beth's flourless brownie muffins

Ingredients

- 1 (15 oz.) can chickpeas (garbanzo beans), drained, rinsed
- 3 large eggs
- ½ cup pure maple syrup
- ⅓ cup unsweetened cocoa powder
- 1 tsp. baking soda
- 3 Tbsp. coconut oil, melted
- 1 tsp. pure vanilla extract
- ⅓ cup dark chocolate chips

Instructions

- 1 Preheat oven to 350° F.
- 2 Prepare 12 muffin cups by lining with muffin papers or coating with nonstick cooking spray; set aside.
- 3 Place chickpeas, eggs, maple syrup, cocoa powder, baking soda, coconut oil, and extract in blender or food processor; cover. Blend until smooth.
- 4 Divide batter among 12 prepared muffin cups.
- 5 Top each muffin with about four chocolate chips; push into batter.
- 6 Bake for 18-20 minutes, or until toothpick inserted in center comes out clean.
Cool completely and enjoy!



We appreciate the many compliments we're given about the quality of our cleanings. We welcome your family and friends and would be delighted to care for them as well. Patients can be self referred or referred by an existing patient, even if they don't have periodontal disease. If you think a friend or family member would benefit from the care in our office, they can call to set up an appointment.