

# TOOTHFULLY. *speaking*



**Dr. Preeti Desai**

## WHETHER IT IS LEGAL OR ILLEGAL, IT DOESN'T MATTER!

The negative affects of your mouth's health, are not based upon the legality of marijuana, methamphetamines or narcotics. Either way they all have very serious oral repercussions on top of the systemic repercussions according to researchers.

Physiological changes which occur include parasympathetic nervous system changes such as fainting more frequently in a stressful situation (like going to the dentist!), Changes in the width of your blood vessels and longer episodes of a faster heart rate at the dentist or doctor's office when using local anaesthetic containing epinephrine.

**DRY MOUTH & MORE CAVITIES:** The first thing that smoking or vaping does is to shut down the saliva production in your mouth. Saliva contains key ingredients and local immunological factors to fight cavity causing bacteria. Research shows that 5 nicotine containing cigarettes is equivalent to 1 cannabis containing cigarette or 1 episode of vaping.

**LOOSE TEETH:** I have spoken at length about how most smokers lose their teeth faster due to gum disease but a recent Columbia University researcher shows that "frequent recreational cannabis smokers are twice at risk compared to infrequent users to lose their teeth"

**ORAL CANCER RISK:** smoking or chewing both lead to inflammatory or precancerous changes in the tissue linings and gums of your mouth. Even the peppermint additives (just like nicotine additives) contribute to precancerous changes in the mouth.

**INFECTION RISK:** cannabis containing hydrocarbons suppress the immune functions in the body and thus an overgrowth of fungal infections in the whole gastrointestinal system including the mouth. Fungal infections are insidious and toxic to the whole body's immunological equilibrium

**DRUG INTERACTIONS:** cannabis and other narcotics interact with the central nervous system (ie the brain and the spinal chord) and thus if you are taking other centrally acting prescribed drugs such as antidepressants, benzodiazepines, barbiturates or narcotics such a codeine there will indeed be interactions and competitions for cell receptors in your brain which will change bioavailability; simply put, a normal prescribed dose becomes unpredictably toxic! Thus, people can bleed uncontrollably if taking NSAIDs or antiplatelet drugs (ibuprofen etc), diabetics can have uncontrolled sugar levels due to metformin interactions

So whether you choose to partake legally or illegally; cannabis or illegal narcotics, the marketing and promotions by the distributors have a vested interest to sell you more product and discount the seriousness of repercussions. Be your own researcher and educate yourself.

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