CHETTINAD DENTAL COLLEGE AND RESEARCH INSTITUTE

DEPARTMENT OF PUBLIC HEALTH DENTISTRY

CLINICAL POSTING: E BATCH 17.04.2021 SESSION 1 REPORT.

Staff present:

Dr. Jagannatha G V sir

Posting discussion topic: NATIONAL ALCOHOL AWARENESS MONTH EVENT

Students: IV Year main Batch – E

Total No of Students: 10/10(E-batch)

1.Laurel vijitha .M

2. Logeshwari M

3.Mahamudha.A

4. Maheshvaran S

5.Mothirajathi.K

6.Mukilan.S.C

7.Nandini.N

8.Narendhar.S

9.Nithya Sri .B.R

10.Niveditha.R

Absentees: Nil

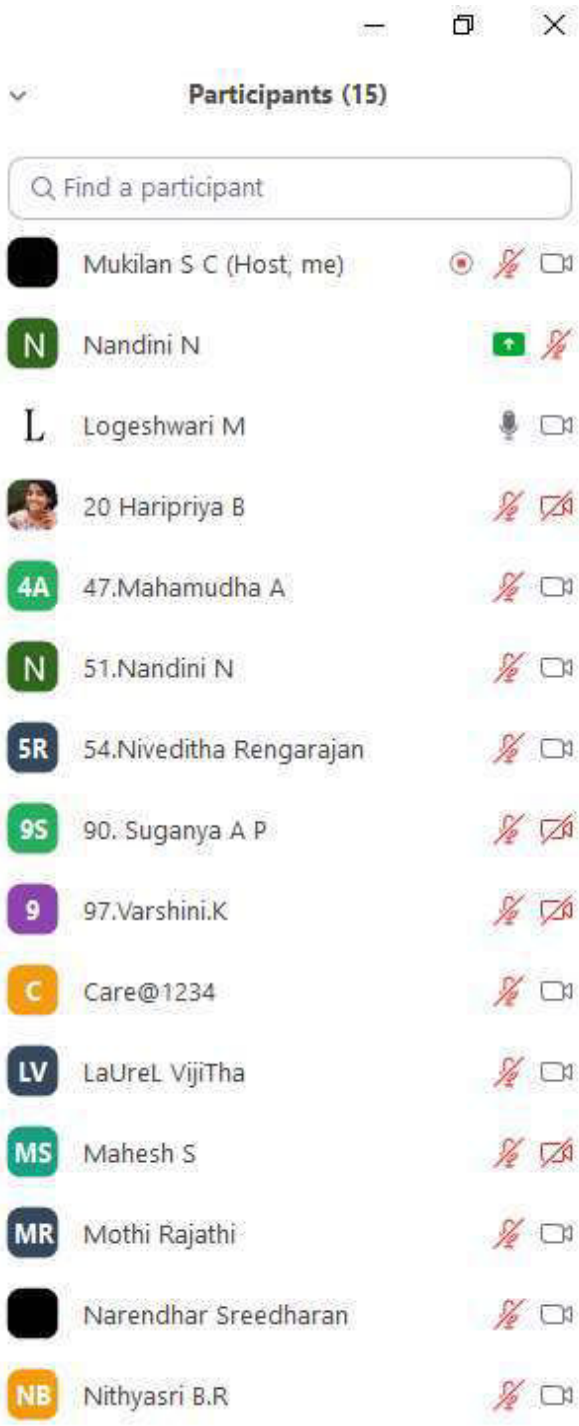
Summary:

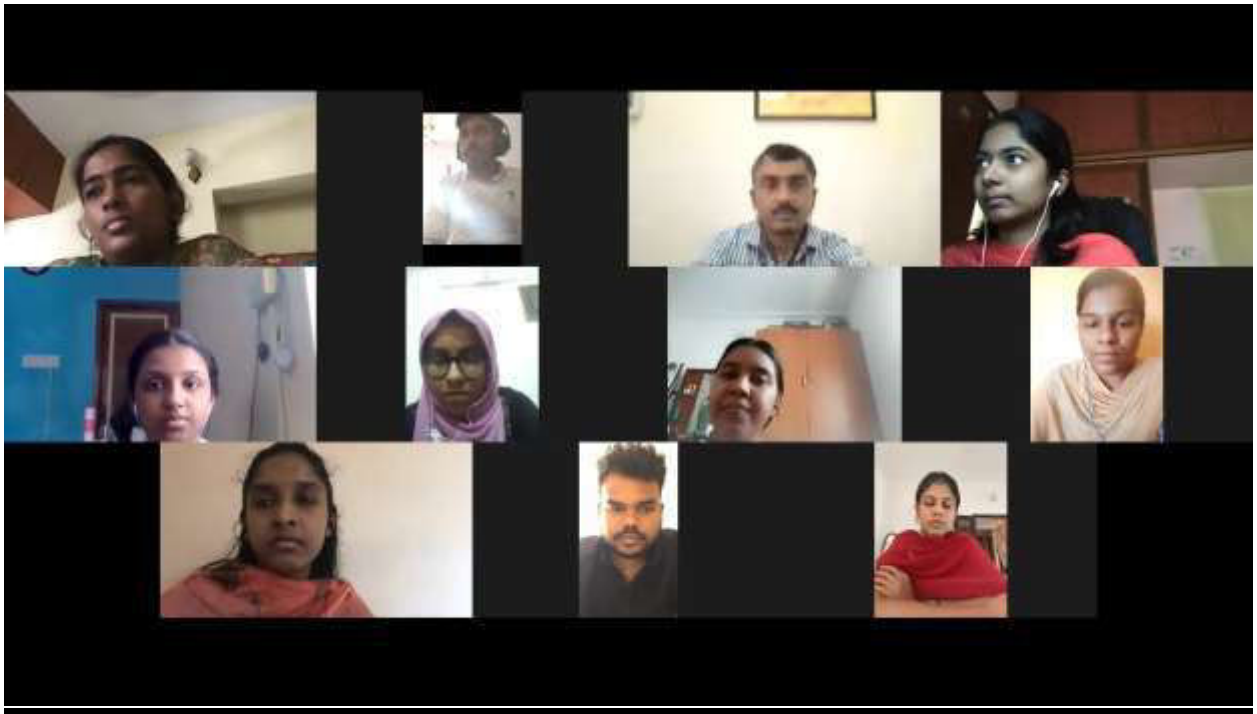
NATIONAL ALCOHOL AWARENESS MONTH EVENT was conducted by Final Year E Batch - was conducted under the guidance of Dr. Jagannatha G V sir. from 10.30 am onwards till 12.30 pm. We had active participation from all year students.

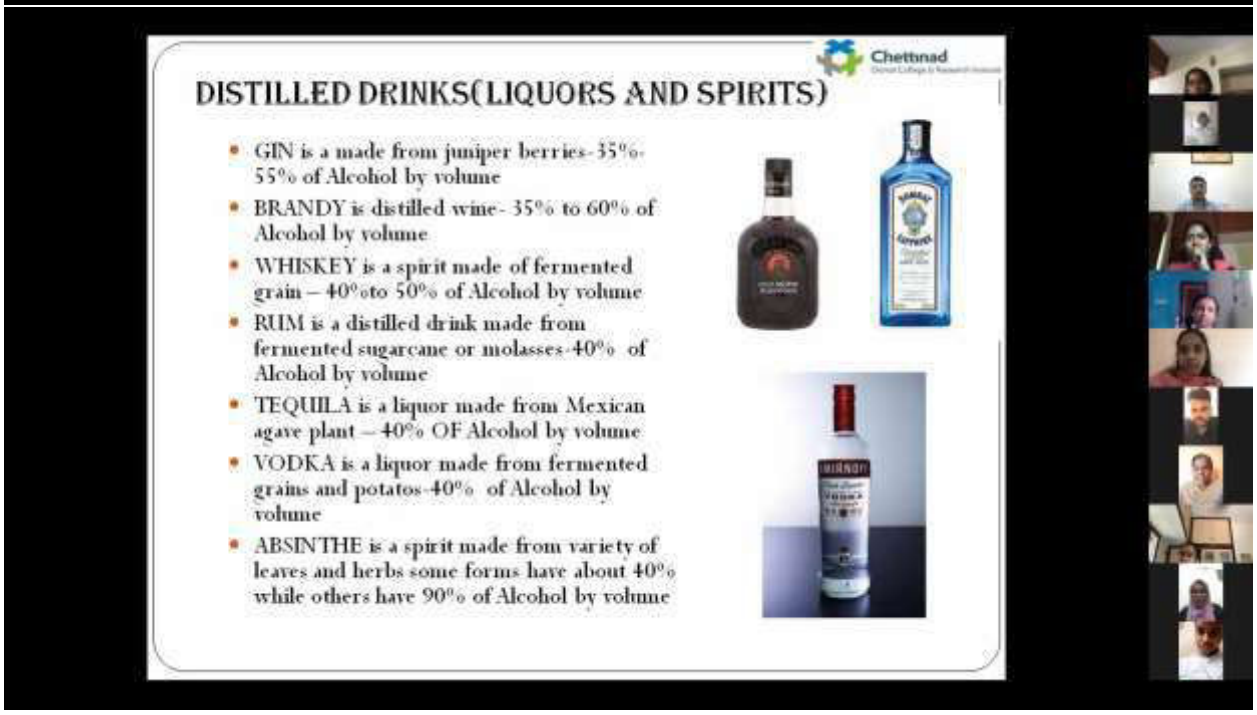
- Introduction to National Alcohol Awareness Month by Laurel Vijitha M

- Logo of the Day by Logeshwari M
- Alcohol and its effects presentation by Nithyasri B R
- Facts about Alcohol poster by Maheshvaran S
- Alcohol: Toxin in Disguise - Nandini N and Laurel Vijitha M
- Counselling Scenarios - Game by Laurel Vijitha M and Logeshwari M

Attendance Sheet:


Participants (15)
Find a participant
Mukilan S C (Host, me)
Nandini N
Logeshwari M
20 Haripriya B
47.Mahamudha A
51.Nandini N
54.Niveditha Rengarajan
90. Suganya A P
97.Varshini.K
Care@1234
LaUreL ViJiTha
Mahesh S
Mothi Rajathi
Narendhar Sreedharan
Nithyasri B.R

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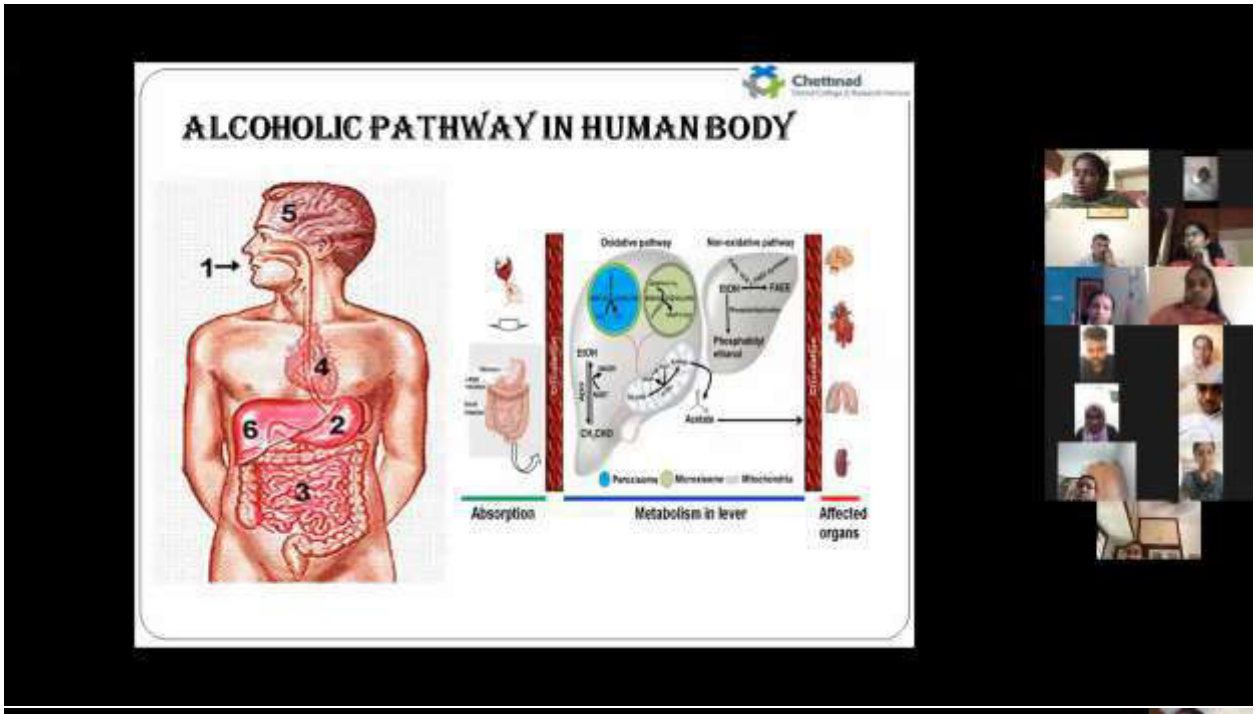
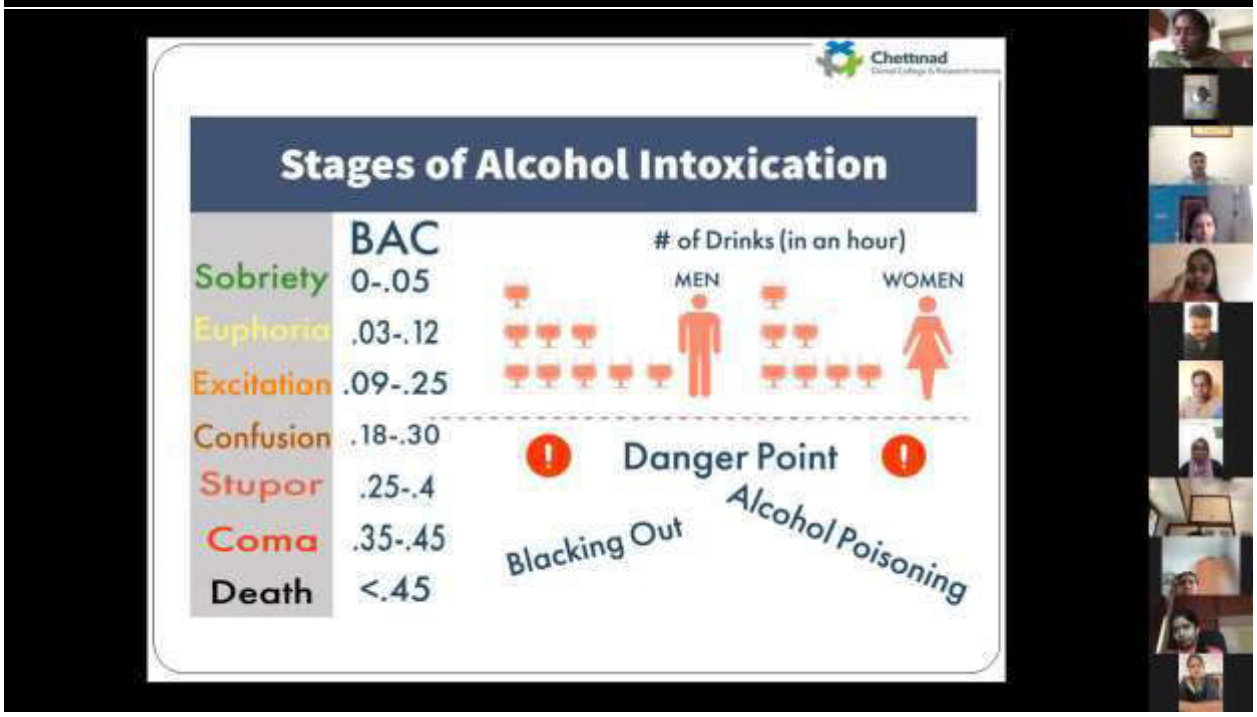
DISTILLED DRINKS(LIQUORS AND SPIRITS)
GIN is a made from juniper berries-35%-55% of Alcohol by volume
BRANDY is distilled wine- 35% to 60% of Alcohol by volume
WHISKEY is a spirit made of fermented grain – 40%to 50% of Alcohol by volume
RUM is a distilled drink made from fermented sugarcane or molasses-40% of Alcohol by volume
TEQUILA is a liquor made from Mexican agave plant – 40% OF Alcohol by volume
VODKA is a liquor made from fermented grains and potatos-40% of Alcohol by volume
ABSINTHE is a spirit made from variety of leaves and herbs some forms have about 40% while others have 90% of Alcohol by volume


Chettinad
ALCOHOLIC PATHWAY IN HUMAN BODY
1
2
3
4
5
6
Oxidative pathway
Non-oxidative pathway
Absorption
Metabolism in lever
Affected organs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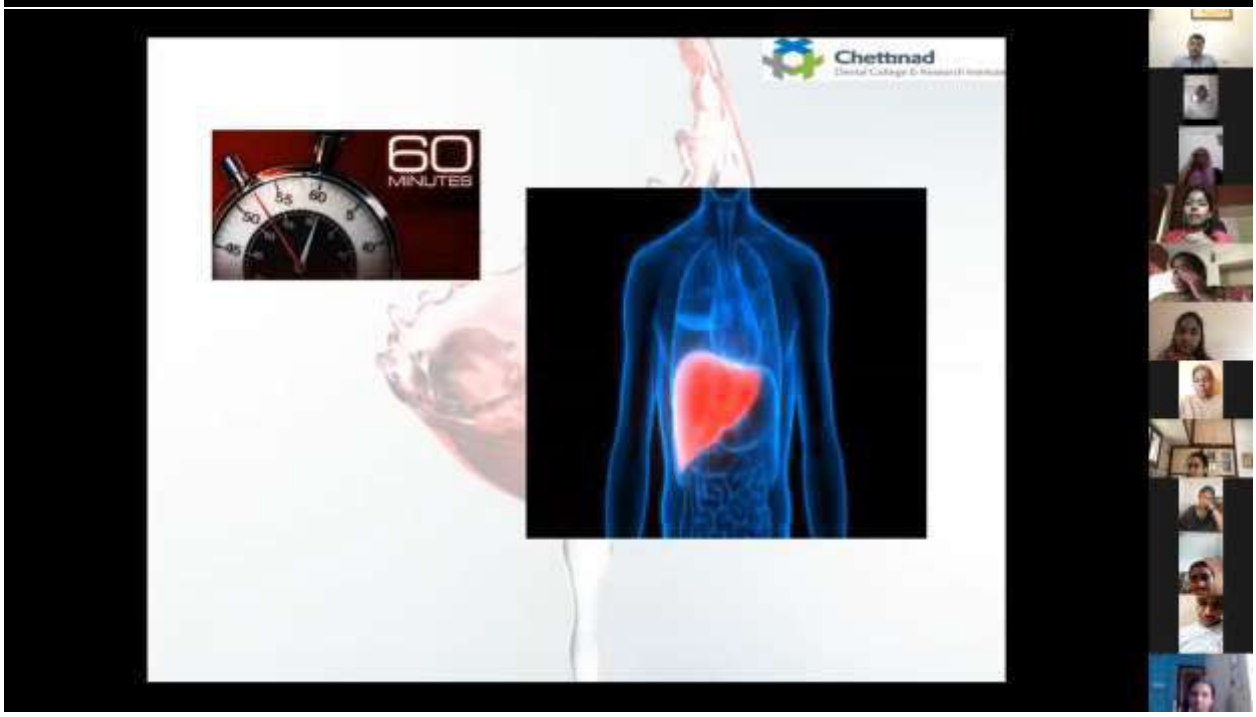
Stages of Alcohol Intoxication
BAC
# of Drinks (in an hour)
MEN
WOMEN
Sobriety 0-.05
Euphoria .03-.12
Excitation .09-.25
Confusion .18-.30
Stupor .25-.4
Coma .35-.45
Death <.45
Danger Point
Blacking Out
Alcohol Poisoning


FACTS ABOUT ALCOHOL
Department of Public Health Dentistry
Alcohol Use in India
14.6%
5.2%
2.7%
+15%
17,432
Deaths from Liver disease
Effects of Alcohol on the Body
Alcohol increases your risk of cancer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60
MINUTES

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Table 1: Gender-wise distribution regarding tobacco and alcohol abuse in India.

Gender	Tobacco			P-Value	Alcohol			P-Value
	Abuse	No Abuse	Total		Abuse	No Abuse	Total	
Male	1879	12449	14328	<0.001	2252	11.997	14249	<0.001
	13.1%	86.9%	100%		15.8%	84.21%	100%	
Female	508	15491	15999	<0.001	389	15493	15882	<0.001
	3.2%	96.8%	100%		2.4%	97.6%	100%	
Transgender	2	25	27	<0.05	0	28	28	0.00
	8%	92.00%	100%		0%	100%	100%	
Total	2389	27965	30354	<0.01	2641	27490	30159	<0.01
	7.9%	92.1%	100%		8.7%	91.3%	100%	

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Alcohol consumption and Smoking

ARTICLES QUOTATION

SYNERGISTIC EFFECT OF ALCOHOL DRINKING AND SMOKING ON *IN VIVO* ACETALDEHYDE CONCENTRATION IN SALIVA

MATERIAL AND METHODS

Subjects

Thirteen healthy volunteers (10 males, 3 females) took part in the study. Six were nonsmokers, mean age 28.8 ± 3 years (range 26–35), and 7 were permanent cigarette smokers, mean age 39.5 ± 5 years (range 28–46). Information about smoking status, alcohol consumption and nutritional habits was obtained by a self-administered questionnaire. All volunteers were moderate alcohol consumers, with a weekly average consumption of 70 g or less. Average cigarette consumption among smokers was 10.5 ± 2.1 (range 15–30), and all had a smoking history of more than 10 years. All volunteers were on a normal Western diet, and none was vegetarian. Exclusion criteria were as follows: treatment with antibiotics or oral antiseptic in the past month, recent food or fluid intake, smoking or tooth brushing during the previous 30 min. All participants were told to refrain from alcohol for at least 24 hr before the study.

Study design

Our study was approved by the ethical committee of the Department of Medicine, Helsinki University Central Hospital. Informed consent to participate in the study was obtained.

Volunteers were divided into 2 groups: smokers and nonsmokers. Two repeated measurements (2 study days were separated by at least a 7-day interval) were done with the smokers, and the nonsmokers were used as controls.

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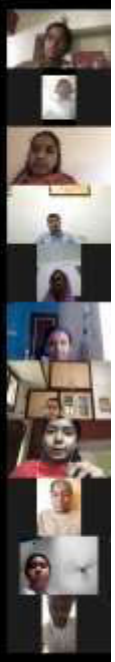
Table 1. Fetal and perinatal risks of maternal smoking or drinking.

	Smoking			Drinking		
	OR or RR*	95% CI	comment	OR or RR*	95% CI	comment
Spontaneous miscarriage						
Harlap and Shiono [16]	RR 1.01 RR 1.21	0.53–2.11 0.67–2.19	1st trimester 2nd trimester	RR 1.99 RR 3.53	1.04–3.77 1.77–7.01	1–2 drinks/day ≥3 drinks/day
Domingues-Reiss et al. [17]	3.33	1.63–6.92	≥11 cigarettes/day	-	-	
Rasch [18]	0.95	0.40–2.20	≥20 cigarettes/day	4.84	2.87–8.16	≥9 units/week
Armstrong et al. [19]	1.22	1.13–1.32	10–19 cigarettes/day	1.13	1.03–1.24	1–2 drinks/week
Orofacial clefts						
Lorente et al. [20]	1.79	1.07–3.04	Both lip and palate	2.28	1.02–5.09	Palate only
Anal atresia						
Yuan et al. [21]	1.4	0.5–3.6	20+ cigarettes/day	4.8	1.2–19.1	–
Preterm labor						
Berkowitz et al. [29]	1.7	1.6–2.9	≥10 cigarettes/day	3.8	1.1–13.0	≥14 drinks/week
Shiono et al. [30]	1.2	1.1–1.4	≤1 pack/day	1.3	1.0–1.7	≤1 drink/day
McDonald et al. [31]	1.22	1.03–1.41	>10 cigarettes/day	1.21	0.48–2.17	21+ drinks/week
Bada et al. [32]	1.2	1–1.44	>0.5 pack/day	1.11	0.86–1.43	≥1 drink/week
Low birth weight						
Bada et al. [32]	2.0	1.56–2.57	>0.5 pack/day	1.37	1.12–2.22	≥1 drink/week
Growth restriction						
Spinillo et al. [37]	2.61	1.38–4.93	Throughout pregnancy	3.53	1.03–12.21	≥2 drinks/day
Abruption						
Tikkanen et al. [44]	1.8	1.1–2.9	–	2.2	1.1–4.4	–
SIDS						
Iyasu et al. [13]	2.2	0.8–5.8	Any smoking during pregnancy	8.2	1.9–35.3	Binge first trimester

Odds ratios (ORs) refer to adjusted odds ratios, whenever available. Only the lowest amount of smoking or drinking that has caused a significant change in outcome in a particular study was listed. RR = Relative risk; CI = confidence interval; SIDS = sudden infant death syndrome.
*OR is referred to unless RR is mentioned.



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ANTIHISTAMINES

Drugs included:

1. Diphenhydramine
2. Chlorpheniramine
3. Promethazine
4. Hydroxyzine

Uses:

1. Relieve symptoms of allergy
2. Short term treatment for insomnia
3. Prevents motion sickness

Interaction:

1. Enhances effects of these agents on CNS (drowsiness, sedation and reduced motor skills)
2. Exaggerated effects in elderly

HISTAMINES

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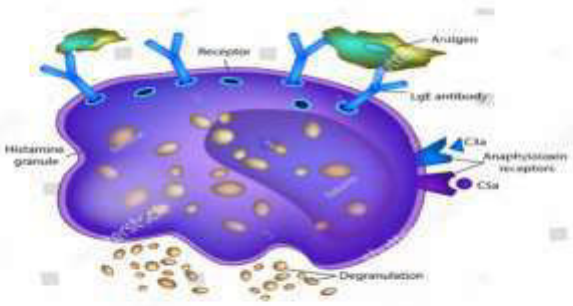
Drugs included:

1. Cimetidine
2. Nizatidine
3. Ranitidine



Uses:

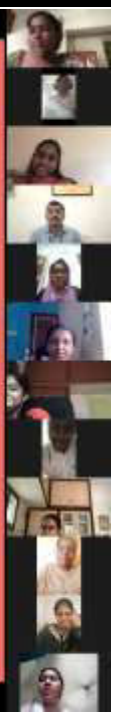
1. Peptic ulcer disease
2. Heart burn

Interaction:

1. Inhibit ADH in the stomach -> reduce alcohol first pass metabolism
2. Bals are higher than expected

Rules

- Imaginary Scenarios are given for each team and to answer them accordingly.
- Two Rounds, In each round one scenario is given to each team.
- 4 Teams
- The Best counsellor will be announced as winner by Dr.Jagannatha HOD sir.



CASE SCENARIOS

Laurel Vijitha M
Logeshwari M

Rules

- Imaginary Scenarios are given for each team and to answer them accordingly.
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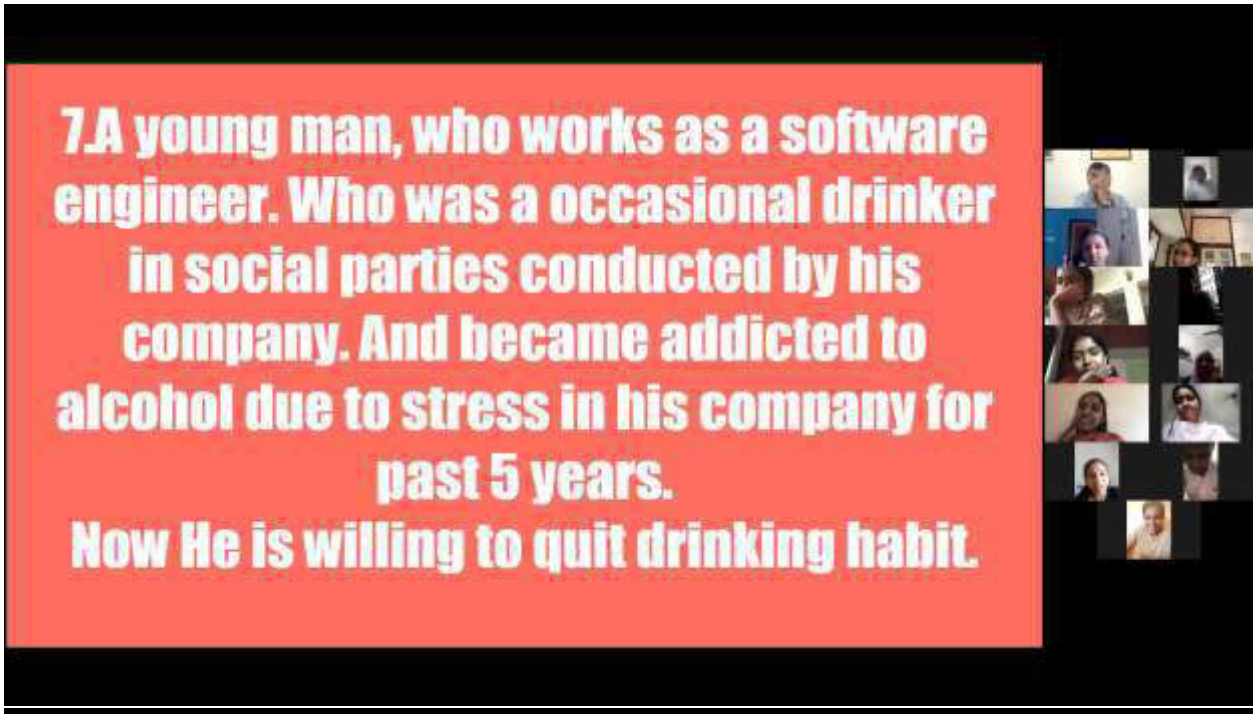
3. A young boy from a well settled family with good college and school grades is into drinking alcohol because all of his friends drink. He developed the habit on force and not by interest. How will you help him out of the habit?

4. A young pregnant mother addicted to alcohol after her husband left her few months after marriage. Her parents are not financially stable and have lost contact after her marriage. She has nobody to support her mentally , physically and financially now. How will you help her?


7.A young man, who works as a software engineer. Who was a occasional drinker in social parties conducted by his company. And became addicted to alcohol due to stress in his company for past 5 years.
Now He is willing to quit drinking habit.


Winner!!