

**DETAILED SCIENTIFIC REPORT**  
**Symposium on Tobacco or Health: Make better choice**  
**Held on 21.10.2016**  
**Venue: AIIMS, Raipur**

**Introduction:**

Tobacco use in any form either smoked or smokeless, is an important cause of preventable morbidity and early mortality. Tobacco is a gradual killer because there is a lag of several years between starting of its use and its health effects requiring medical attention.

Smokers die 5-8 years earlier than never smokers. Tobacco kills nearly 6 million people each year. More than 5 million of those deaths are the result of direct tobacco use while more than 600,000 are the result of non-smokers being exposed to second-hand smoke. Unless urgent action is taken, the annual death toll could rise to more than 8 million by 2030. Nearly 80% of the world's one billion smokers live in low-income and middle-income countries. Tobacco related diseases are a major health problem in our country.

There are more than 4000 chemicals in tobacco smoke, of which at least 250 are known to be harmful and more than 50 are known to cause cancer. Second-hand smoke is the smoke that fills restaurants, offices or other enclosed spaces when people burn tobacco products such as cigarettes, bidis and hookahs.

Tobacco use increases the risk of fatal heart disease and cancer of lungs, oral cavity, larynx, pharynx, oesophagus, pancreas, kidney, bladder and cervix. Tobacco is also a strong risk factor for hypertension and peripheral vascular diseases. Tobacco use also increases the risk of Alzheimer's disease, interstitial lung disease, gastro-oesophageal reflux disease, pancreatitis, erectile dysfunction, infertility and miscarriage.

Nicotine is highly addictive, raises brain level of Dopamine and produces both physical and psychic dependence leading to withdrawal syndrome on discontinuation.

**Aim of the symposium:** The Symposium was organized with the following aims:

1. To acquaint the participants about -
  - Hazards of tobacco use.
  - Magnitude of this problem.
  - Prevention strategies in respect of tobacco use.
  - Modalities in diagnosis and management of tobacco dependence.
  - Treatment modalities of Hazards of tobacco use including counselling and pharmacotherapy
  - Steps which discourage the use of tobacco in society.
2. to highlight the initiatives of government to deal with problem of tobacco dependence, implementation and monitoring of anti-tobacco initiatives and tobacco cessation facilities.

**Content outline and synopsis of the lectures:**

Introduction to the plant, its historical background and toxicological overview was given by Dr Krishnadutt Chavali, Professor, Forensic Medicine & Toxicology, AIIMS Raipur, and set the ball rolling for the symposium. The overview of the effects of tobacco on humans was also presented. The presentation was followed by lively discussion from the participants and set the tone for the rest of the proceedings of the day.

Prof. Anand Krishnan of the Centre for Community Medicine, AIIMS New Delhi gave a crisp presentation of the overview of epidemiology of Tobacco use and its control. Various facts and figures relating to morbidity and mortality associated with tobacco use, both smoked and smokeless as per the Global Adult Tobacco Survey (GATS) India and Global Youth Tobacco Survey (GYTS) were presented. The economic burden caused on account of tobacco use was also discussed. He elucidated the concept of MPOWER for tobacco control as outlined by the Framework Convention on Tobacco Control (FCTC), the first globally negotiated health treaty facilitated by WHO.

Dr Ravi Mehrotra, Director, National Institute of Cancer Prevention and Research, Noida, while outlining the pathologic effects of Tobacco use highlighted the health risks associated with non-smoking tobacco like cancers (including cancer of the lung, larynx, oral cavity, esophagus, throat, bladder, kidney, liver, stomach, pancreas, colon and rectum and

cervix as well as acute myeloid leukemia), type 2 diabetes mellitus, heart diseases, chronic obstructive pulmonary disease, congenital defects and adverse reproductive effects (such as low birth rate and decreased fertility in women and erectile dysfunction in men), osteoporosis and hip/vertebral fractures and overall diminished health, etc.

Dr. Deep Narayan Srivastava, Professor, Department of Radio-diagnosis, AIIMS, New while talking on Imaging of complications of tobacco consumption: Radiologist's perspective, gave an illustrated presentation of the role of radiologist in establishing the correct diagnosis in time, in ruling out close mimickers, playing a role in deciding the management and treatment, wherever possible. He also gave a brief account of use of various radiologically assisted procedures like RFA and bronchial artery embolization (BAE) in lung cancers, CT coronary angiography in coronary artery disease for calcium scoring, plaque imaging and in ruling out other causes of chest pain

Dr. Prasanta Raghav Mohapatra, Professor, Pulmonary Medicine, AIIMS, Bhubaneswar, gave an interesting talk on the Health Effects of Electronic Cigarettes, a burning topic for the present generation. In his talk, he outlined the functioning of electronic nicotine-delivery systems, popularly known as e-cigarettes (EC). Though these devices have been introduced to control nicotine addiction, their use has so far been counter-productive. He expressed concern that EC use will lead young non-smokers to take up nicotine through EC, gradually from a low to a very high level. Without scientific validation and clear regulations, concern with safety of e-cigarettes was expressed. The topic was well received and the audience was of the opinion that e-cigarettes should be banned.

Dr Alok Agrawal, Professor, Orthopaedics, AIIMS Raipur, in his talk on Tobacco and Bone health, discussed the complications associated with healing of fractures like nonunion and delayed union, poor wound healing and development of osteomyelitis, with the use of tobacco. Also issues like decreased bone mineral density, lumbar disc disease, the rate of hip fracture, and the dynamics of bone and wound healing were discussed. Several hypotheses as to the mode of action of these complications were also discussed.

Dr Sanjeev Misra, Director, AIIMS Jodhpur, talked about health hazards of tobacco smoking requiring surgical intervention. Various health effects of smoking were outlined and the surgical modalities for both malignant as well as non-malignant outcomes of tobacco smoking were presented.

Health hazards of tobacco chewing requiring surgical intervention was presented by Prof. (Dr.) Nitin M Nagarkar, Director, AIIMS Raipur. The presentation included discussion about the various methods in which tobacco is being used in daily life. The resulting health hazards of tobacco including the most prevalent head and neck cancer (HNC) were also discussed in detail. He highlighted that carcinoma of oral cavity is the most common HNC for which tobacco chewing has a major role to play. Due to the different important functions of the oral cavity in deglutition, phonation as well as respiration, surgical intervention for the oral cavity or HNC is very complicated. Along with this such cancers have high possibility of metastasis to cervical lymph nodes. This makes it mandatory to manage the neck in majority of the cases and hence increasing the chances of complications and making the surgical intervention more challenging.

Dr Siddharth Nanda, Associate Professor, Radiotherapy, AIIMS Raipur, presented the role of Radiotherapy in Tobacco related lesions. He outlined that current management of cancer is multidisciplinary and it involves several clinical and other supportive departments. Surgery, radiotherapy and chemotherapy remain the major modality for management of cancer. Radiotherapy has a definite role to play in management of tobacco related cancers both in curative as well as palliative setting.

Dr Lokesh Kumar, Associate Professor, Psychiatry, AIIMS Raipur, outlined the various health related hazards associated with tobacco use, the mechanism of production of dependence and the non-pharmacological strategies to be adopted for tobacco cessation.

Dr SP Dhaneria, Dean, AIIMS Raipur and Professor, Pharmacology, AIIMS Raipur gave a succinct presentation on the pharmacotherapy for management of tobacco dependence. Various drugs that can be used to tackle the unpleasant effects of withdrawal syndrome associated with tobacco cessation were discussed. He also stressed upon the role of psychotherapy (counselling and behaviour therapy) in supplementing pharmacotherapy for management of nicotine dependence. Various methods like nicotine patches, nicotine chewing gums, etc and drugs like Bupropion, Varenicline, Clonidine and Nortriptyline, Mecamylamine and Naltrexone were discussed. A brief note was given about a vaccine for prevention of smoking relapse which is under trial. It was stressed that good political

commitment, awareness and participation of population and proper implementation of health programmes are necessary for success of tobacco cessation programme.

All the presentations of the symposium were well received by the audience and there was a lot of active discussion following each presentation. Notable was the interest generated in the students of AIIMS Raipur in the discussions and a number of questions were asked by them for clarifications. Mr Shashi Shekhar Dubey and Mr Sourabh Swaroop Verma, both students of MBBS 2<sup>nd</sup> Prof were named for the Prof. JS Bajaj award to be awarded for the best students attending the symposium and participating in the discussions.

Abstracts of all the talks were compiled and published as a souvenir which was distributed to all the participants at the time of registration before the start of the symposium. All the presentations of the symposium will be uploaded on the website of the conference (namscon2016.in) from where they can be downloaded by the participants.

The detailed programme of the symposium is enclosed at Annexure 1. A list of the resource persons and faculty for the Symposium is enclosed at Annexure 2.

The Symposium was attended by 91 delegates and more than 50 students of AIIMS Raipur. A list of names of participants and course faculty with their mailing address is enclosed at Annexure 3.

A pre-symposium evaluation was done before beginning of the symposium. The questionnaire is enclosed at Annexure 4. The responses of the participants were evaluated and the result is as per Annexure 5. Following the proceedings of the symposium, the same questionnaire was administered to the participants and the responses were evaluated (Annexure 5). The question-wise percentage of correct responses in the post symposium evaluation was compared with the pre-symposium evaluation and barring a couple of questions, improvement was found in the post-symposium questionnaire. Statistically, the difference in the results was found to be **highly significant** (p value = 0.000285) using the paired t-test.

**Outstation faculty members participating as speaker in symposium**

S.No.	Subject of specialty	Faculty	
		Name & Designation	Affiliation & Contact details
1	Surgical Oncology	Dr. Sanjeev Misra M.S., M.Ch., M.A.M.S, F.I.C.S, F.R.C.S., F.A.C.S, F.A.M.S. Director	AIIMS Jodhpur (Rajasthan) - 342005 Email: director@aiimsjodhpur.edu.in misralko@gmail.com Phone: 0291-2740741
2	Pathology	Dr. Ravi Mehrotra MD, D.Phill, MBBS, Fellow of NAMS Director,	Institute of Cytology & Preventive Oncology 361, Sector 15A, Noida - 201301 Email: directoricpo@icmr.org.in Phone: 01202446901, Mobile: 9415324211
3	CFM	Dr. Anand Krishnan MBBS, MD, PhD, Fellow of NAMS Professor, Centre for Community Medicine	AIIMS New Delhi Phone: 011-26594253 Email: kanand@aiims.ac.in; kanandiyer@yahoo.com
4	Radiology	Dr. Deep Narayan Srivastava FAMS, Honorary Secretary, NAMS Professor, Radio Diagnosis	AIIMS New Delhi Email : drdeepsrivastava@rediffmail.com
5	Pulmonary Medicine	Dr. Prasanta Raghav Mohapatra M.D. MAMS Professor & Head, Pulmonary Medicine	AIIMS Bhubaneswar Phone: 0674-2476555 Email: pr mohapatra@hotmail.com pr mohapatra@aiimsbhubaneswar.edu.in

**Faculty members of AIIMS Raipur participating as speaker in symposium**

S. No.	Subject of specialty	Faculty	
		Name & Designation	Affiliation & Contact details
1	ENT	Prof. (Dr.) Nitin Madhusudan Nagarkar MBBS, M.S., D.N.B., MNAMS Director	AIIMS Raipur Phone: 0771-2572999 Email: director@aiimsraipur.edu.in
2	Clinical Pharmacology	Dr. S.P. Dhaneria M.D., D.M., D.N.B., M.Sc., LL.B., MNAMS Professor, Pharmacology	AIIMS, Raipur Phone: 0771-9826045357 Email: drspdhaneria@rediffmail.com
3	FMT	Dr. Krishnadutt Chavali MBBS, MD, DNB, PGDHA, MNAMS, FIMSA Professor, Forensic Medicine & Toxicology	AIIMS, Raipur Phone: 8518881773 Email: drkhchavali@gmail.com
4	Orthopaedics	Dr. Alok Chandra Agrawal MBBS, MS, DNB, PhD, MAMS Professor, Orthopaedics	AIIMS, Raipur Phone: 8518881939 Email: dralokcagrawal@yahoo.co.in
5	Radiotherapy	Dr. Siddhartha Nanda M.D., D.N.B. Associate Professor, Radio Therapy	AIIMS, Raipur Phone: 9713711888 Email: sidnanda@yahoo.com
6	Psychiatry	Dr. Lokesh Singh M.D. Associate Professor, Psychiatry	AIIMS Raipur Phone: 8103624062 Email: singhlokesh123@gmail.com



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**NAMSCON-2016**

**NAMS Symposium on - Tobacco or Health: Make Better Choice.  
Pre and Post Symposium Assessment**

*[Please tick (✓) the correct option]*

1. Role of radiologists in stroke imaging is:
  - A. Rapid diagnosis
  - B. Determine the cause- arterial or venous
  - C. Determine if it is hemorrhagic or non hemorrhagic
  - D. All of the above**
2. Which one of the following lung disease is not commonly associated with smoking?
  - A. Ca lung
  - B. Tuberculosis**
  - C. CAD
  - D. COPD
3. Pancoast tumour may involve the following except:
  - A. Brachiocephalic Vein
  - B. Subclavian Artery
  - C. Radial nerve**
  - D. Sympathetic ganglion
4. Role of radiologist in coronary artery diseases includes:
  - A. Coronary calcium scoring
  - B. Coronary plaque imaging
  - C. Triple rule out
  - D. All of the above**
5. 48% of current smokers wish they could quit, but feel that they can't. This is an example of  
Which of the criteria of addiction?
  - A. Loss of control**
  - B. Tolerance
  - C. Withdrawal
  - D. Preoccupation
6. Which of the following types of tobacco is the safest to use?
  - A. Cigar
  - B. Cigarette
  - C. Chewing tobacco
  - D. No tobacco is safe to use**
7. MPOWER is an acronym for the strategy for tobacco control enunciated by the World Health Organization. Write the full form of each. (fill in the blanks)  
**Monitor tobacco use & prevention policies**  
**Protect people from tobacco use**  
**Offer help to quit tobacco use**  
**Warn about the dangers of tobacco**  
**Enforce ban on tobacco advertising, promotion and sponsorship**  
**Raise taxes on tobacco**
8. What is the addictive drug in tobacco?
  - A. Ethanol
  - B. Ammonia
  - C. Nicotine**
  - D. Tar
9. How many tobaccos related deaths are preventable?
  - A. 33%
  - B. 50%
  - C. 75%
  - D. 100%**
10. Which of the following chemicals is not found in tobacco smoke?
  - A. Chlorine bleach**
  - B. Rocket fuel
  - C. Nail polish remover
  - D. Barbeque lighter fluid
11. How does nicotine produce addiction?
  - A. It depresses the action of brain so the user feels sluggish without it.
  - B. It excites neurons to release excess neurotransmitters.**
  - C. The brain gets used to it.
  - D. It alters the part of brain that controls oral of manual habits.

PTO...

12. Which of these drugs has the highest relapse rates?  
**A. Tobacco**  
B. Alcohol  
C. Heroin  
D. Cocaine
13. In infants & Children, second hand smoke is a known cause of?  
A. SIDS  
B. Respiratory problems & Ear infections  
C. Asthma attacks  
**D. All of the above**
14. The following can fully protect you against second hand smoke?  
A. Opening a window  
B. Sitting in a separate area  
C. Using ventilation or air conditioning  
**D. None of the above**
15. How many chemicals are there in cigarette smoke?  
A. 4  
B. 40  
C. 400  
**D. 4000**
16. When people smoke, their blood becomes full of?  
A. Oxygen  
B. Tar  
**C. CO**  
D. Leukoplasia
17. Which area in the body is not affected by smoking cigarettes?  
A. Brain  
B. Lungs  
**C. Lymph System**  
D. Stomach
18. Which is not a symptom of nicotine withdrawal?  
A. Irritability  
B. Carvings  
C. Loss of Focus  
**D. Excessive thirst**
19. Nicotine decreases osteoblast function:  
**A. In large doses**  
B. In small doses  
C. Does not interfere with osteoblast function  
D. Promotes osteoclastic resorption
20. In humans smoking has been shown to cause  
A. Osteoclastic resorption  
B. Osteoblastic proliferation  
C. Prostaglandin stimulation  
**D. Reduce periosteal BMP gene expression**
21. Ideal way of managing Nicotine dependence is:  
A. Counselling alone  
B. Behaviour therapy alone  
C. Pharmacotherapy alone  
**D. All of above three together**
22. Following are the first line drugs in management of nicotine dependence except:  
A. Nicotine replacement therapy  
B. Bupropion  
**C. Clonidine**  
D. Varenicline
23. Nicotine replacement therapy includes use of following formulation except:  
A. Nicotine as transdermal patch  
**B. Nicotine as rectal suppository**  
C. Nicotine as nasal spray  
D. Nicotine as chewing gum
24. Which of the following is true about nicotine in cigars?  
A. Cigars contain very little nicotine  
B. One cigar contains about the same amount of nicotine as one cigarette.  
C. One cigar contains about twice as much nicotine as one cigarette.  
**D. One cigar contains about forty-four times as much nicotine as one cigarette.**
25. Which single event caused more cigarette addiction than any other?  
A. The American Revolution  
B. The invention of the automobile  
**C. World War I**  
D. World War II

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**NAMSCON 2016  
SYMPOSIUM ASSESSMENT EVALUATION**

<b>Q. No.</b>	<b>Pre Symposium Assessment % of correct response</b>	<b>Post Symposium Assessment % of correct response</b>
1	83.33	83.33
2	66.67	62.50
3	50.00	70.83
4	77.78	83.33
5	22.22	45.83
6	83.33	91.67
7	0.00	41.67
8	94.44	91.67
9	61.11	41.67
10	33.33	45.83
11	50.00	83.33
12	55.56	87.50
13	83.33	83.33
14	72.22	75.00
15	22.22	58.33
16	61.11	79.17
17	66.67	70.83
18	50.00	70.83
19	22.22	45.83
20	11.11	50.00
21	94.44	91.67
22	16.67	83.33
23	33.33	75.00
24	38.89	50.00
25	27.78	29.17

# NAMSCON 2016 SYMPOSIUM ASSESSMENT TEST EVALUATION

