

Original Research Article

Altmбак dipping prevalence attitude and trends towards cessation among male pharmacy students

Asma Noureldin¹, Shayoub M. H.², Munzir M. E. Ahmed³, Al-Obosi Sabah Aziz Jawad⁴ and Osman H. M.^{5*}

Abstract

¹Faculty of Pharmacy, University of Al Yarmouk.

²Department of Pharmaceutics, Faculty of Pharmacy, University of Khartoum.

³Department of Biochemistry, Faculty of Medicine, University of Gadarf.

⁴AL-Yarmouk College, Department of Pathology, Khartoum 11111, Sudan

⁵Department of Biochemistry, Faculty of Pharmacy, University of National Ribat.

*Corresponding Author's Email: hishamosman1212@gmail.com

The phenomenon of dipping Altmбак was spread in Arabic's country and African countries especially Sudan, this compound was used from long past time. Few studies were carried out on the side effect of Altmбак on Sudanese people. Recently, this phenomenon was becoming extremely huge in the Universities in Sudan. Altmбак was implicated in many diseases such as mouth cancer, and causes Bora sididip which are implicated of the spread of the microbe to the whole body, especially the kidneys, heart and digestive system. Altmбак causes many types of disease beside mouth cancer, such as throat cancer and esophageal cancer. Moreover, it plays central role in the spread of these cancers constantly to neighboring organs unless they are processed either chemically or radiation or surgically in addition to receding gums from the teeth and gum disease leading to osteoporosis in teeth. The present study was carried out in Khartoum state in April to June, 2015 to assess the prevalence of Altmбак dipping between Al - Yarmouk university students. The study found that 90 (45 %) of the students were using Altmбак dipping. In the mean time, the results revealed that students were aged between 24 - 26 years (33.5%), and followed by 15 – 17 years (28.5%). The results also showed that the highest percentage of students starts by using it during University period 55 (61.1%) and 35 (38.9) used it during higher secondary period. The results also showed that the highest percentage of student was using it more than 10 time per day (65.6%), followed by (23.3%) used it three time per day. Regarding the student information about Altmбак, it can induced cancer mouth all of them 90 (100%) known this impact of it in health problem. The results showed a very high percentage of students (68.9%) used it through their friends and 14.4% used it to get rid of smoking.

Keyword: Altmбак dipping, Mouth cancer, Snuff tobacco

INTRODUCTION

Snuff tobacco or dipping tobacco, traditionally referred to as moist snuff, is a type of finely ground or shredded, moistened smokeless tobacco product. It is commonly and idiomatically known by various terms; in Sudan it was called Altmбак. It is used by placing a lump, pinch, or dip of tobacco between the lip and the gum (Reginald et al., 1999). Altmбак is a mixture of tobacco powder and sodium bicarbonate and it is used as orally dipping.

Altmбак played an important role in the life style of many of Sudanese people but national figures of its use are unknown and there is a connection between Altmбак dipping and some diseases like oral cancer (El-Beshir et al., 1989; Idris et al., 1998), and also causes CNS damage and periodontal diseases (Vijayendra et al., 2015).

Moreover, Altmбак is used in many countries in the

Table 1. Show distribution of age, distribution of students per class year, residence and using Altmbak

Parameters	15 – 17	18– 20	21 – 23	24 – 26		Total
Age/year	57 (28.5%)	43 (21.5%)	33 (16.5%)	67 (33.5%)		
Distribution of students	First year	Second year	Third year	Forth year	Fifth year	
Residence	56 (28%) Khartoum	43(21.5%)	40 (20%) Omdurman	35 (17.5%)	26 (13%) Khartoum Marine	200 (100%)
Are you using Altmbak	120 (60%) Yes		37 (18.5%) No		43 (21.5%)	200 (100%) 200 (100%)
	90 (45%)		110 (55%)			

world especially Sudan, Yemen, Pakistan, Indian and Saudi Arabia (Rashad, 2014). Altmbak contains little water and mixes with the lime with water liberalization of nicotine that has influence as an alarm then this dough is placed between the lower lip and teeth where absorbs nicotine through the mucous membranes lining the mouth and reaches the blood, brain and affect different parts of the body, and there is no glass of sniff components but the effect Alinkiotin stronger than cigarettes, where it is fully absorbed from the mouth. On the other hand, in Yemen they are made up of tobacco crushed leaves with sodium bicarbonate that by saliva on the liberalization of nicotine i.e absorbed powder using membranes and give Yemeni sniffs the same effect. Similarly, Altmbak is snuff, this tobacco mixed with many materials including Attaron and dirt, salt, ash and henna, flour and other miscellaneous items added to anything, according to the desire of drug abusers, this Altmbak has got many colors from black and red, green and yellow to white.

Previous Studies confirmed that Altmbak contains toxic and carcinogenic maud and cause cancer of the mouth, starting from the lip and through the tongue, pharynx, larynx end, as they contain Filateixein which is the main causes of liver cancer (Rashad, 2014). Moreover, study confirmed that a very high percentage of patients with oral cancer and digestive system cancer were abusing this compound (Osman, 2014). Moreover, some studies mentioned that many types of Altmbak were containing toxic compounds affected in the teeth and gums and tongue, where cracked tooth enamel knowing it is the most powerful thing in the human body has shown, and cracked teeth be a catalyst on the entry of fungi and bacteria and microbes of all kinds leading to ulceration of the gums and this common disease among users of tobacco and cause hotbeds Sididip be the cause of the spread of the microbe to the whole body, especially the kidneys, heart, digestive system and be outposts Alsididah major cause rheumatic fever affecting the heart, kidneys and joints. And it has a strong effect on the tongue natural universe in which coated millions of papillae responsible for taste and as a result of the vulnerability of these papillae to toxic substances in Sniffs they swell even be like thick hair curly, no doubt that this effect on the taste of things as it leads to nausea in some

cases. And cancerous tumors, leukemia and gums, and lead emulsification sniffs periods to high blood pressure and increased pulse and dizziness and rapid heartbeat (Kamal, 2014).

Most types of sniffs traded among young people fiddled, and mixed with harmful materials such as glass, and dirt, and some animal wastes, etc., and this in itself damage in addition to toxic substances existing in this powder.

Unfortunately, the proliferation of these types in abundance in grocery stores and shops Perfumery. And more used by children, adolescents and school students and staff, and some employment.

The aim of this study, to evaluate and measure the prevalence, attitude and trends towards cessation of Altmbak dipping among males students of Pharmacy College in Al Yarmouk University.

MATERIAL AND METHODS

This cross sectional study, it is the descriptive study included 200 male of pharmacy students enrolled from Al-Yarmouk College Khartoum, Sudan from April to June 2015. This study first of all was approved by the research committee in the Al-Yarmouk College. The signed consent of the interview was taken before recruited the students.

Data analysis

Data collected was analyzed and presented following conventional descriptive statistical methods.

RESULTS

The results of percentage of age, distribution of students, residence and using Altmbak were shown in Table 1. The results revealed that the student aged between 15 - 17 years (28.5%), 18 – 20 years (21.5%), 21 – 23 years (16.5%) and 24 – 26 years (33.5%). Regarding the residence (60%) from Khartoum city, (18.5%) from

Table 2. Show awareness of students about Altmбак induced health problem and mouth cancer

Parameters	Do you knew Altmбак can Cause health problem		Total
	Yes	No	
Causes mouth cancer	90 (0%)	0 (0%)	90 (100%)
Causes nervous disease	0	0	0 (0%)
Causes lung cancer	0	0	0 (0%)

Table 3. Show onset of Altmбак using, way of using during a day and factor contribute for using it

Parameters	Primary school	Higher Secondary School	University	Total
Starting day for using Altmбак	0 (0%)	35 (38.9%)	55 (61.1%)	90 (100%)
How much do you use Altmбак during a day	Twice 10 (11.1%)	Three times 21 (23.3%)	More than 10 times 59 (65.6%)	90 (100%)
Factors that contributed to using Altmбак	Problems 7 (7.8%)	Family 8 (8.9%)	Friends 62 (68.9%)	To get rid of smoking 13 (14.4%) Total 90 (100%)

Omdurman city and (21.5%) from Khartoum marine. Regarding of using Altmбак (45%) were found used it and (55%) didn't used it.

The awareness of students about Altmбак induced mouth cancer was shown in Table 2.

The onset of using Altmбак, way of using Altmбак during a day, and factors contribute for using Altmбак were shown in Table 3.

DISCUSSION

Altmбак Dipping, like other tobacco products, contains nicotine, which is a potent stimulant and a relaxant. Many studies confirmed that nicotine increased heart palpitation, an increase in systolic blood pressure, and an increase in adrenaline (Reginald et al., 1999). Altmбак dipping is common among Sudanese people where it is socially accepted behavior between adolescent students in school and university.

The study shows that those who do not approve of the use Altmбак (55%) of the total respondents, up from about half and this shows that the proportion who use Altmбак less than half. Through the study, we find that the most common reasons that prompt them to use Altmбак by their friends (68.9%) because the friend has a strong influence on friendly as well as abandoning Altmбак when we find that the main reason for their return to Altmбак by their friends (61.1%). Similarly, all most students using Altmбак seek out groups of friends with similar Altmбак dipping behaviours, and student using Altmбак are more likely to be aware of others who share them the same habits. We find that the majority of

respondents beginning of the use at the higher secondary school and university level in order to open up to the freedom and well as they are putting more than 10 times, a high proportion (65.5%).

We are suggesting that this compound (Altmбак) might change pH of the mouth and consequence make alteration in salivary α – amylase enzyme activity and reducing its activity in hydrolysis of starch. Similarly, when this compound is swallowing in side stomach and small intestine might change digestive enzymes activity. Therefore, the user of this compound suffering from reduction in their appetite for food, and lead to direct effect on health, and this need more investigation.

Therefore, we recommended to make an educational program in secondary and tertiary schools to train teenagers to some of the social skills to resist pressures that fall on them from their peers about practice Altmбак, researchers and considered one of the most successful means for the prevention of learning Altmбак. On the other hand, parents need to follow up their children to learn the behavior of their peers and guide them constantly to stay away from accompanying people who practice harmful habits such as Altmбак dipping and smoking cigarettes. Also, help wanting to quit Altmбак, smoking and using the most successful means of medical, psychological and social in an integrated and comprehensive. Prevent any form of propaganda pictures in all print media, radio and television and the use of such means in the fight against Altmбак campaigns led by doctors and religious scholars and the stars of the community. To conduct a study to explore young people who use Altmбак about ways and activities that may lead

them toward salvation of dominance and control of the habit destructive trends. Our data revealed that the health authority and ministry of education need to make programs to show the dangerous of this habits in general health.

CONCLUSION

From this study we can concluded that the most common reasons that prompt them to use Altmбак by their friends (68.9%) because the friend has a strong influence on friendly as well as abandoning Altmбак when we find that the main reason for their return to Altmбак by their friends (61.1%). Moreover, we find that the majority of respondents first starting of using Altmбак at the university level in order to open up to the freedom and well as they are putting it more than 10 times per day (65.5%).

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