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Title : BETEL NUT CHEWING AMONG STUDENTS IN BENGUET  
STATE UNIVERSITY

# Betel Nut Chewing among Students in Benguet State University

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Betel nut is also known as areca nut which is the seed of the areca palm and is scientifically known as *Areca catechu* which is a native of most tropical countries in the Pacific, Asia particularly in the Philippines, Thailand and other Southeast Asian neighboring countries (Kelle L Murphy DPE, 2015).

## **Facts :**

- The Areca nut seeds have psychoactive components similar to that of nicotine (Su-Er Guo, 2013).
- There are numerous studies that would claim that the practice of betel nut chewing increases alertness and stamina (Yvette C. Paulino, 2011)
- It is known to be anthelmintic and could be a potential source of active ingredients for medicinal purposes (Muhammad, et.al, 2005).

The areca nut is designed to chew with lime, which is known locally in the Cordillera as “apog”, together with the betel leaf “gawed” which produces blood red spit. These ingredients are carried mostly by men in a small pouch and are intended to be shared with their acquaintances which serve as an important sign of socialization (Tasneemzoeb, 2007)



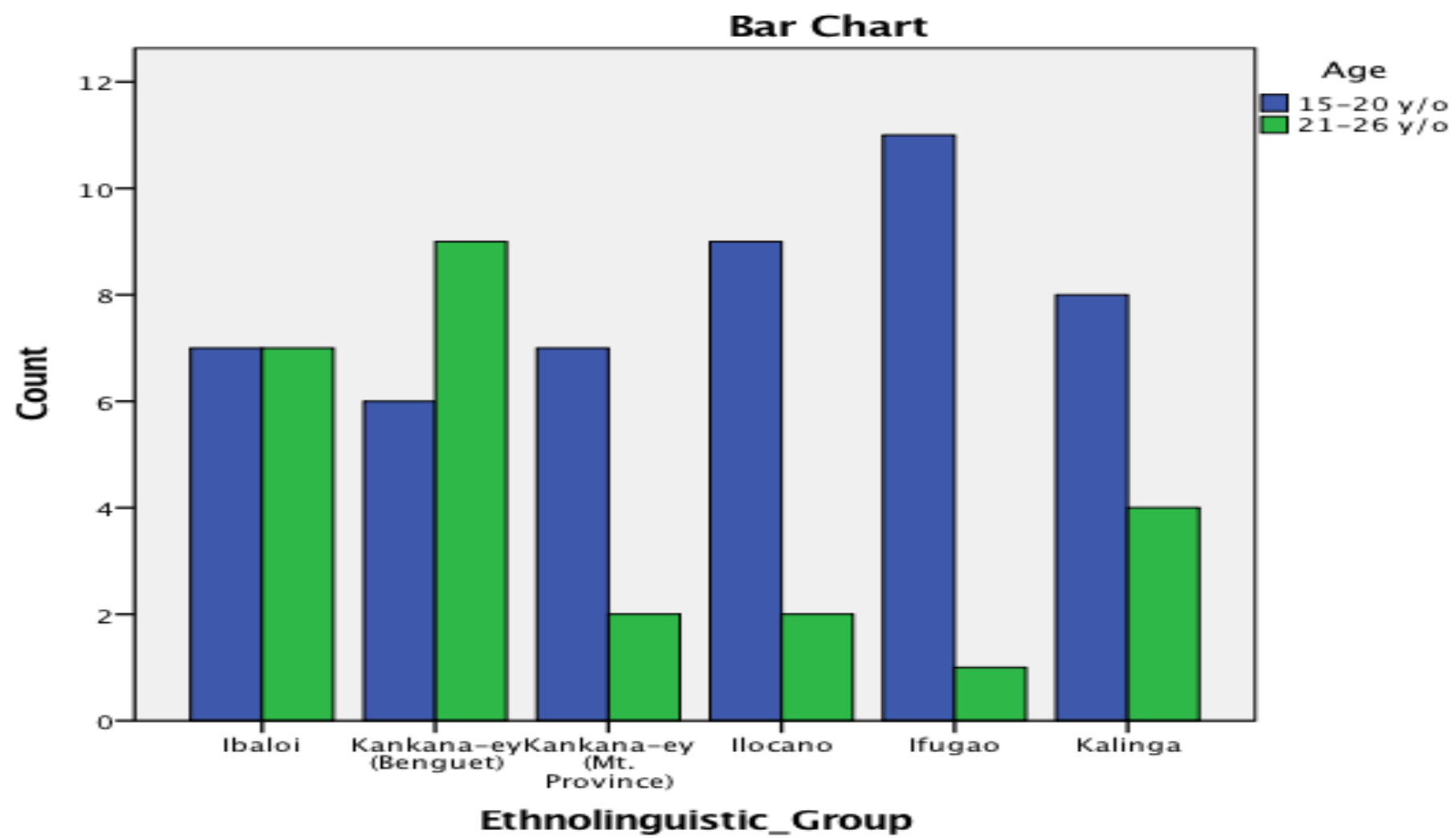


Betel Nut Chewing has been a long tradition among the different tribes in the Cordillera region and in other highland regions in the Philippines. It has been proven to cause oral cancer, throat cancer and even cardiovascular arrhythmias and the teenagers (collage students) are at risk since it is becoming prevalent in their generation.

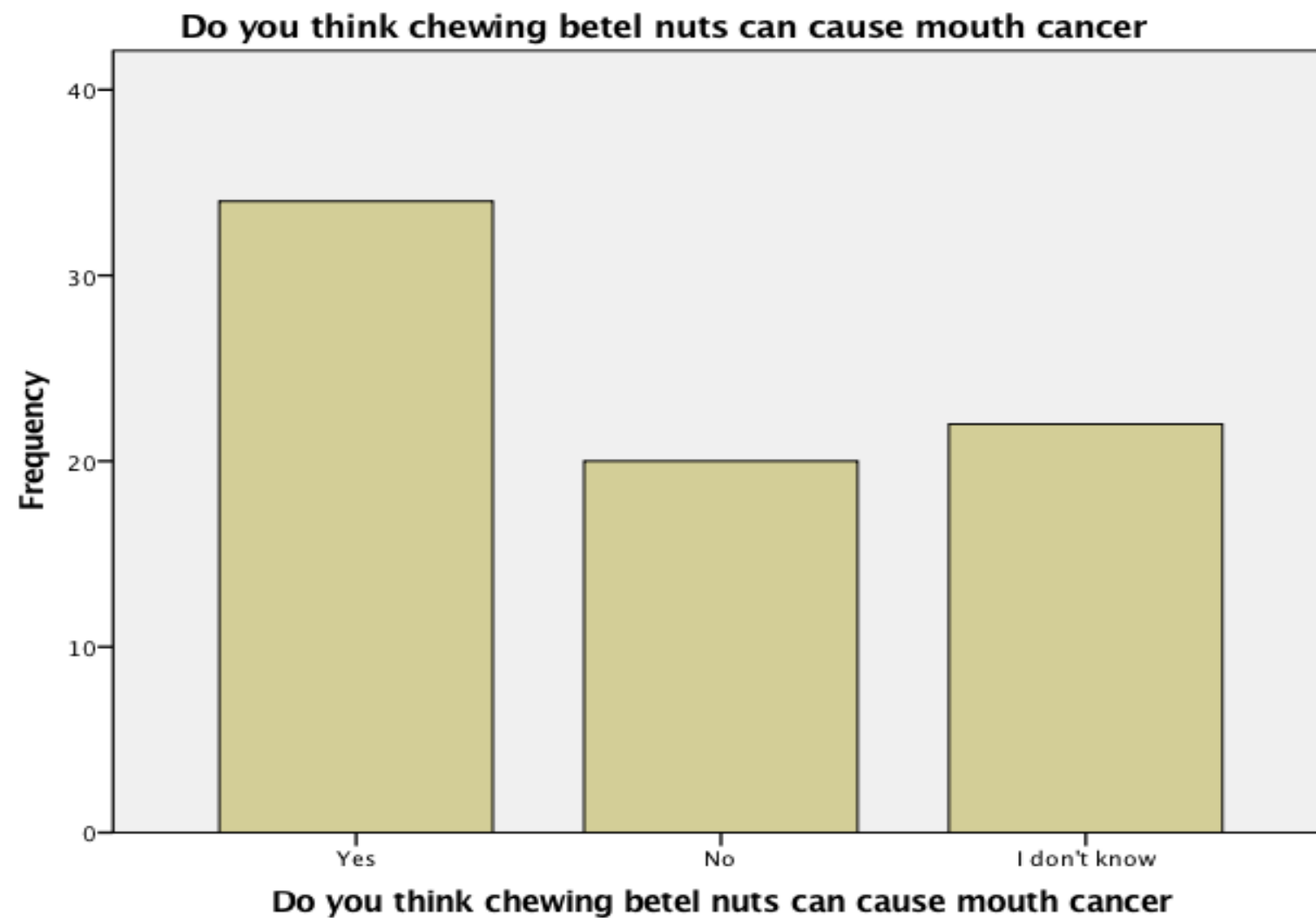


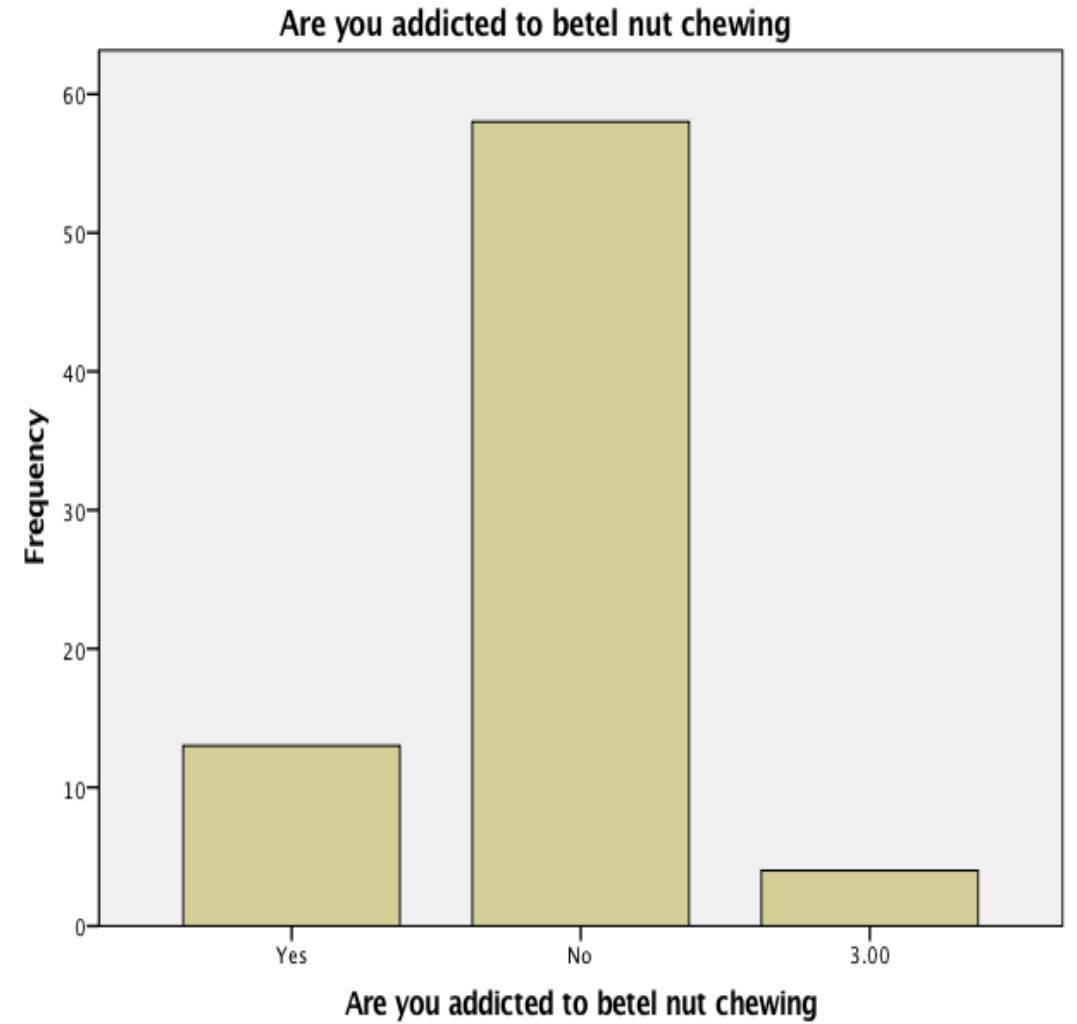
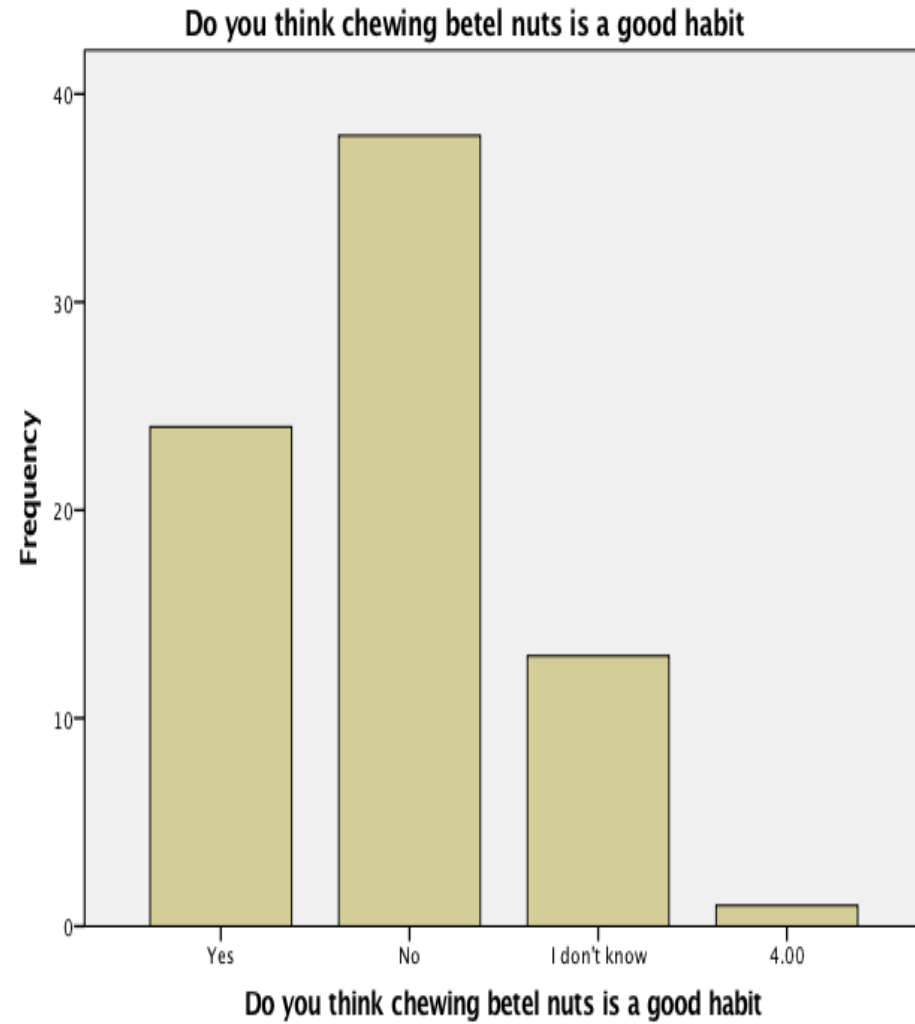
Betel nut chewing has both social and health issues that is relevant to public health. Our study deals with the teenagers engaging in a tradition . It is a social tradition that poses health risks. It is a question of whether or not to chew betel nut and find other ways to socialize with the tribe or simply join the tradition.



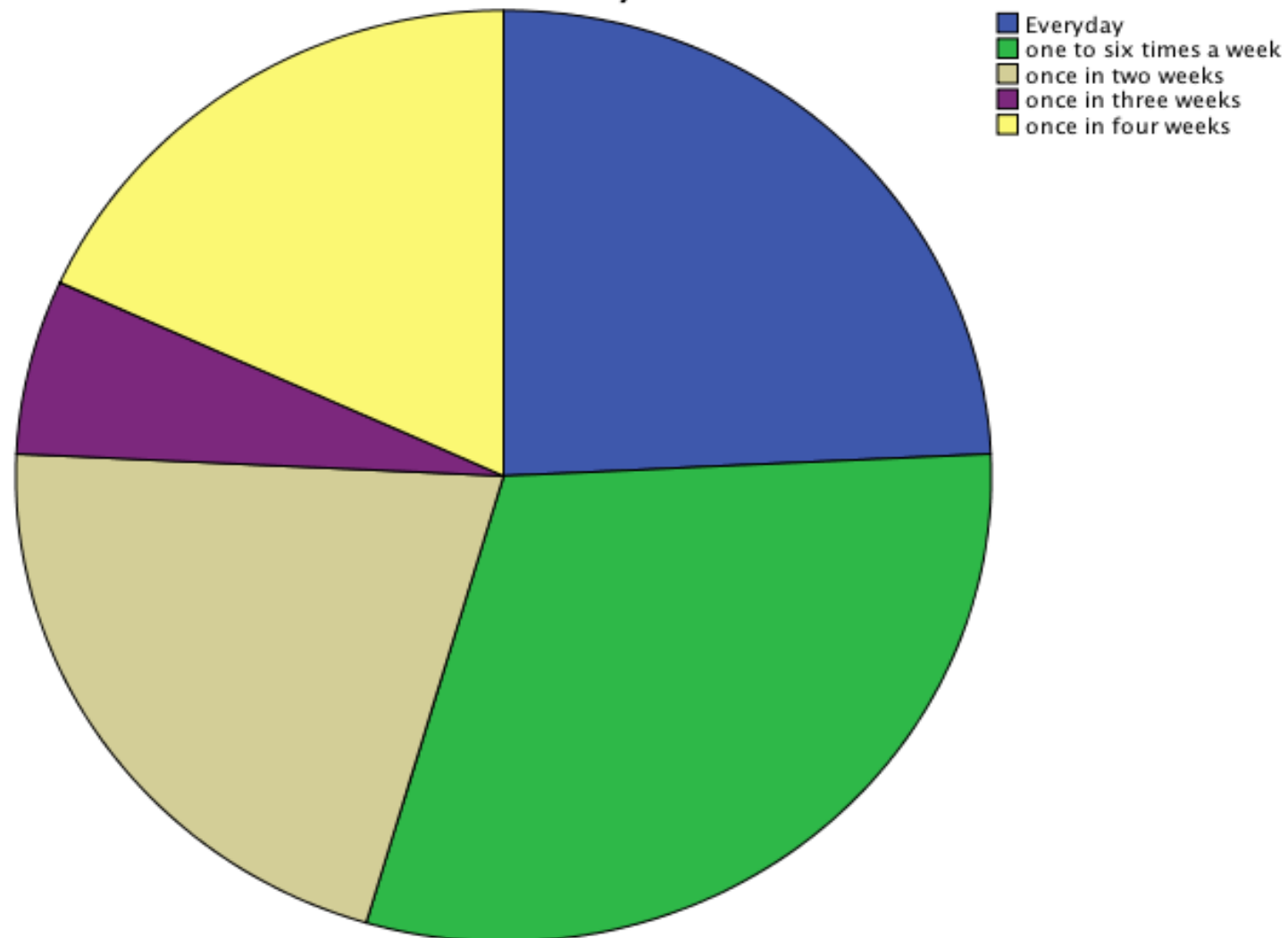








How often do you chew betel nut?







## **CONCLUSION**

The findings show that there is a limited knowledge when it comes to the detrimental effects of betel nut chewing among students in Benguet State University. In terms of attitude, majority of the students know that betel nut chewing is a bad habit thus most of them are willing to quit the said practice, given the motivation and encouragement . Findings also show that most of the students follow the policy provided by their institution by not chewing inside the premises of the institution. Most of the students consume betel nut on a daily basis with the highest number of respondents chewing betel nut with tobacco.

# YES to WHITE and GREEN NO to RED!


Go for a healthy and beautiful smile.  
Support a clean and green environment.  
**NO TO BETEL QUID  
(MOMMA) CHEWING!**

A friendly reminder from:  
PHILIPPINE DENTAL ASSOCIATION - BENGUET CHAPTER  
BENGUET STATE UNIVERSITY - UNIVERSITY HEALTH SERVICES



## CHEW ON THESE BEFORE YOU CHEW ON THAT

### Facts You Should Know About Betel Quid (Momma) Chewing



**Betel quid chewing causes cancer.**  
The International Agency for Research on Cancer, an agency of World Health Organization, has affirmed that betel quid (momma) is carcinogenic to humans. Countries where the habit of betel quid chewing is practiced have high incidence of oral and pharyngeal cancers. Mouth cancer is among the toughest cancers to treat. Surgery needed to treat mouth cancer is often difficult and disfiguring. The disease can spread quickly. On average, only half of those with mouth cancer will survive more than five years.<sup>1</sup>

**Betel quid chewing causes oral submucous fibrosis (OSF).**  
This chronic disorder is characterized by deposition of dense fibrous bands in the mouth, these bands give rise to the limited mouth opening, which is a hallmark of this disorder. This disorder is seen only on betel quid chewers. It is a pre-malignant lesion.<sup>1</sup>

**It causes leukoplakia and other oral mucosal lesions.**  
It causes oral leukoplakia, a white patch or plaque in the oral mucosa, which could progress to cancer. It also causes betel chewer's mucosa, a brownish-red discoloration of the mucosa that assumes a wrinkled appearance.<sup>1</sup>

**Betel quid chewing is also related to the following conditions: liver cirrhosis / liver cancer, diabetes mellitus, adverse outcomes with use during pregnancy, peptic ulceration, increased risk of cardiovascular disease, obesity.<sup>1</sup>**

**Spitting betel quid spittle in public places is banned in some localities.**  
Spitting of betel quid spittle in public places is banned in some localities because it is unsanitary and pollutes the environment. Violators face fine which range from 150 pesos to 2,500 pesos as well as imprisonment depending on the ordinances of the locality.

**Betel quid chewing is a financial burden to the family.**  
The price of a pack of betel quid chew is twice the amount of a pack of instant noodle. Professional fee for tooth cleaning of betel nut stains is equivalent to a sack of rice. Treatment cost for oral cancer is more than one hundred thousand pesos.

**It ruins your beautiful smile.**  
Betel quid chewing stains the teeth and gums destroying your beautiful smile and may affect your opportunity of getting a job. It also causes gum recession and tooth wear that are both irreversible.

1. Betel quid and Areca-nut Chewing and some Areca-nut derived Nitrosamines, IARC Monographs on the Evaluation of the Carcinogenic Risk of Chemicals to Humans, Volume 85, Lyon, France, International Agency for Research on Cancer, 2004. \*\*\*by dxygff

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