

**AN EPIDEMIOLOGICAL STUDY OF  
TOBACCO RELATED ORAL HABITS AND ASSOCIATED ORAL LESIONS  
IN MAHABUBNAGAR DISTRICT OF ANDHRA PRADESH, INDIA**

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## ABSTRACT

**Background of the study:** Tobacco is the single most preventable cause of death in the world. India's tobacco problem is more complex with tobacco-related disease and death.

**Aims & Objectives:** To assess the prevalence of tobacco related oral habits and its associated oral lesions in Mahabubnagar district of Andhra Pradesh, India.

**Materials & Methods:** A cross-sectional epidemiological study was conducted in the year 2012. A Simple Random Cluster Sampling method was used and a total of 8 clusters were selected from the whole district. A total of 3200 subjects were included in this study from a total of 8 clusters (400 subjects from each cluster which includes 200 male subjects and 200 female subjects). The survey was done by conducting camps. From each cluster area 400 subjects were selected randomly from the persons those who attended the camp. Data was obtained by interviewing the individual subjects regarding various tobacco related oral habits and if having any, performing the oral examination to check the presence of any tobacco associated oral lesions. The obtained data was noted into the proforma. Statistical analysis was done for the whole data.

**Results:** The prevalence of tobacco related oral habits is 23.44%. And the prevalence of tobacco associated oral lesions is 7.04%. These results are statistically significant.

**Conclusion:** Tobacco related oral habits and its associated oral lesions are alarmingly high in Mahabubnagar district of Andhra Pradesh, India. To fight against the tobacco epidemic, the six policies of WHO's MPOWER package should be implemented quickly and forcefully.

**Key words:** Tobacco, Mahabubnagar district, Tobacco related oral habits, Tobacco associated oral lesions.