



Health education Number:FM-101

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Stop Chewing Betel nuts Now!
Make Life Healthier

To deliver intelligent and holistic medicine and to provide the best healthcare
Compassion Quality Innovation Accountability

All information above has been reviewed by Medical and nursing specialists
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1. Introduction

Chewing betel nuts increases the risks of oral cancer by 28-fold. Chemicals in betel nuts may cause leukoplakia, oral submucous fibrosis, and other oral health condition. Besides, betel nuts have negative impact on multiple organs.

2. Betel nuts- Know the Facts

Negative impacts of betel nuts are list as follow :

- (1) Compounds : Arecoline and arecaidine: turned into nitrosamines, linked to oral cancer.
- (2) Polyphenols : leads to oral collagen fibrosis, and oral mucosal injury.
- (3) Unripened fruit of piper linn : linked to oral mucosal atrophy.
- (4) Slaked lime : contains calcium hydroxide, linked to oral cancer.

3. Risks of Chewing betel nuts

Chewing betel nuts not only cause poor appearance, dental and oral problems, but also be associated to following medical conditions: renal toxicity, arrhythmia, hypertension, premature labor, asthma, liver toxicity .





4. Withdraw syndrome

Due to energy boost and some traditional beliefs of health benefits, people are addicted to chewing betel nuts. If they tried to get rid of betel nuts, they may develop mood instability, anxiety, irritability, inability to concentrate, sleep disturbance, and thirst for betel nuts, which are known as “withdraw syndrome”.

5.Ways to Stay Away from Betel Nut

- (1)Regular life style: lead a regular life, avoid staying up.
- (2)Healthy diet: drink less tea, wine, and coffee to avoid nerve irritation, and take more vitamins A, C, and E, such as kiwi fruit, legumes, vegetables, liver,- and nuts.
- (3)Seek alternatives: such as eating chewing gum and biting konjac.
- (4)Stay away from temptation: change the route that will not pass through betel nut stalls, and refuse the invitation of friends who will invite betel nut.

6.Resources for quitting betel nuts

-  Serviceable time Monday to Friday, from 9 AM to 5 PM.
-  Main line of case manager : 04-23592525 ext 3831.
-  If you have following condition, please receive screen for oral cancer: chew betel nut over the age of 30. If you have aboriginal identity, the screen is free biannually.
-  Location: center of cancer screening, second floor, building of out-patient department.

7.Conclusion

Betel nut seeds themselves are the first type of carcinogens, and without any additives, they can also cause cancer. People who have the habit of chewing betel nut should quit as soon as possible, and conduct regular oral cancer screenings. They should also pay attention to oral conditions, self-examination, understand betel damage, and stay away from betel damage. This is the way to maintain self-health.

8.Reference

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Let us take the quiz to make sure you understand.

1. Chewing betel nuts not only cause poor appearance, dental and oral problems, but also be associated to following medical conditions: renal toxicity, arrhythmia, hypertension, premature labor, asthma, liver toxicity .

Yes No Don't know

2. Chemicals in betel nuts may cause leukoplakia, oral mucous fibrosis, and other oral health condition.

Yes No Don't know

3. Betel nut seeds themselves are the three of carcinogens

Yes No Don't know

4. Ways to Stay Away from Betel Nut: Regular life style 、 avoid staying up 、 drink less tea, wine, and coffee

Yes No Don't know

5. If you have following condition, please receive screen for oral cancer: chew betel nut over the age of 30. If you have aboriginal identity, the screen is free biannually.

Yes No Don't know