Introduction:

My name is Rich Ansay and my topic is effects of betel nut

We all know or have an idea of what is a betel nut, right?

Betel nut is a seed of a palm tree known as betel. It is also known as areca nut, pinang, penang, guak, bing lang, etc.

Body:

Most of us are familiar with the negative effects of betel nut such as:

Staining off teeth and skin and if you are chewing for a very long time there’s a possibility that you may dye your teeth black

It also causes hyper tension, diabetes, obesity, low birthweight, and of course oral cancer which is the most dangerous effect of it.

You may also experience dependence, tolerance, and withdrawal since it is considered as a psychoactive drug.

According to Ms. Cyji Cepeda, lead assistant and treatment coordinator of seventh day Adventist clinic, every year about 10-15 people go to their clinic for oral cancer screening, about 5 people have to undergo biopsy, and about 2 people are in precancerous state.

But, why do you think people still chew despite the risk? Other than tradition

They believe that betel nut has some benefits such as:

It helps prevent cavities and makes teeth stronger

Increases alertness or focus

It gives a sense of euphoria, and

It helps people who have dry mouth.

However, according to US National Institutes of Health, there’s a little bit of evidence that components of betel nut can help on therapeutic purposes.

Mr. Tasmanian Devil, a betel nut chewer that I have interviewed, understands that chewing betel nut may cause harm to his body, but he has a good image about betel nut because one of his friend’s grandmother has been chewing for a very long time and yet she still has her teeth.

Conclusion:

I think that people should stop chewing betel nut because it is not safe at all. If you think of it, there’s more negative effects than positive effects. To those people who chew betel nut as some sort of remedy, find an alternative. If you want to avoid having cavities, brush your teeth after you eat or change your toothpaste. If you want to increase your focus, drink coffee or maybe a monster energy drink which is very effective. If you have a dry mouth, just chew a gum. And if you want to get high, go exercise or eat something spicy.