



The Necessity for Appropriate Research in the Field of Pan-Prague Use

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Dear Editor,

Paan is a chewable drug that is composed of minerals (calcium hydroxide or lime), tobacco, spices, sweeteners, and asparagus that is widely used in the Southeast Asian region. Paan is made in the traditional (handmade) or industrial (usually powdered) forms. In most countries of Southeast Asia, its consumption originates from tradition and culture (1). For use, one puts paan in the mouth along the lobe of the lower jaw along with the gums, resulting in a large amount of saliva that usually causes a red blot in the mouth and the mouthwatering person He will emerge after a few minutes. Of course, it is chewed by some others (2). In the Southeast Asian countries, there are 250 million tobacco products, in 17% of which is used chewing tobacco. Worldwide tobacco surveys show that 10 to 20% of tobacco is used by 13 to 15-year-old students in Southeast Asian countries (3).

According to conducted studies, adolescents in the city of Chabahar experience different ways of paan use (4) and there is a vital need for preventive programs in accordance with the need assessment approach and appropriate solutions to this problem among adolescents and young people (5). We write this paper to emphasize the need for paying attention to this crucial issue considering the lack of sufficient studies in this particular field, as well as the existence of a valuable opportunity to conduct qualitative research on this subject. In this regard, monographic and ethnographic studies in the affected geographical areas can help in clarifying the subject. The need assessment approaches are also helpful to find the reasons for the high consumption. Undoubtedly, these needs can be exploited to adopt appropriate interventions and ultimately improve health and prevent the risks of consumption and side effects of this substance in adolescents in Chabahar. In conclusion, it is important to establish appropriate data management, monitoring, and evaluation system. For

these reasons, the best way is conducting monograph and ethnography studies in populations to get more accurate and realistic information. Thus, we will be able to intervene more accurately and appropriately.

Footnotes

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