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Original Article

Saliva as a diagnostic tool to measure polycyclic aromatic hydrocarbon exposure in dental patients exposed to intimate partner violence (IPV)

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ABSTRACT

Background: Social habits such as tobacco use, alcohol consumption, and chemically contaminated diet contribute to poor oral health. Intimate Partner Violence (IPV) is a global public health epidemic which can exacerbate the prevalence of health conditions affecting a victim's lifespan. This study investigates using saliva as a biomarker for detecting levels of benzo(a)pyrene [B(a)P]; a toxicant present in cigarette smoke and barbecued meat in a population of IPV + female patients.

Methods: A cross-sectional IRB-approved study utilized 63 female participants (37 African Americans [AA], and 26 non-African Americans [NAA]), who provided consent for the study. Participants submitted samples of saliva, as well as questionnaires about demographics, health history, and a well-validated (IPV) screen.

Results: The prevalence of IPV was greater in AA compared to NAA. While the concentrations of PAHs/B(a)P detected in saliva of IPV samples in NAA were generally within the range of B(a)P reported for saliva from elsewhere, the concentrations were high in some IPV positive samples. Among the B(a)P metabolites, the concentrations of B(a)P 7,8-diol, B(a)P 3,6- and 6,12-dione metabolites were greater than the other metabolite in both AA and non-AA groups who were positive.

Conclusion: Our study supports the use of saliva as a potential "diagnostic rheostat" to identify toxicants that may exacerbate/precipitate systemic disease in female victims of IPV. In addition, our study is the first to report that IPV may precipitate the accumulation of B(a)P in oral cavity that can alter inflammatory cascades and increase risk of poor health outcomes in this population of patients.

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At a glance commentary

Scientific background on the subject

Intimate partner violence (IPV) is one of the public health issues. Some victims of IPV resort to smoking as a way of coping. Saliva serves as an ideal biomonitoring tool for toxicants such as benzo(a)pyrene (present in tobacco smoke and charbroiled meat) that may precipitate systemic disease in female victims of IPV.

What this study adds to the field

We report data for the first time on exposure to benzo(a)pyrene, a ubiquitous toxicant in the saliva of IPV patients. The exposures to PAHs in IPV-positive patients were high compared to IPV-negative patients and also with a high prevalence in African Americans compared to non-African American patients.

Oral health is a significant predictor of an individual's overall health and well-being. Research shows that poor oral health can be a sign of heart disease, stroke, diabetes, premature births, cancer and other systemic maladies. The physiologic and environmental stressors on the oral cavity consist of personal habits such as smoking, alcohol consumption and tobacco chewing, which aggravate the oral mucosa and accelerate the development of tumors in the oral cavity [1]. Nutritional preferences also contribute as risk predictors of oral disease. Grilling of meats can produce carcinogens called polycyclic aromatic hydrocarbons (PAHs). These compounds can be ingested directly or absorbed through the skin [2] mucus membranes in respiratory tract by breathing in aromas during food preparation [3] and smoking [4]. Studies measuring urine samples characterized the greatest exposure of PAH came from eating barbequed food, followed by inhalation of barbeque fumes [3,5,6].

Cigarette smoke contains several toxicants, some of which are carcinogenic and epidemiological studies have established a greater incidence of oral health issues among long-term smokers [7,8]. Monitoring the residue levels of these chemicals in body fluids has the potential to assess both individual and community risk to toxicant exposure [9]. One such important group of chemicals that are constituents of cigarette smoke are polycyclic aromatic hydrocarbons (PAHs [10]). These are a family of more than 100 compounds with fused aromatic rings and are released into the environment as a result of petrogenic (products such as asphalt, diesel, engine oil, kerosene, lubricants etc.) and pyrolytic (wildfires, residential wood and municipal refuse burning, automobile exhausts, industrial emissions, volcanic eruptions etc.) processes [11]. As products of combustion, these compounds are present in barbecued meat [12] as well. Benzo(a)pyrene [B(a)P] is one of the most prevalent PAHs in the environment and a widely studied compound in terms of its ability to cause

toxicity and cancer. Human intake of B(a)P through inhalation and ingestion could potentially enhance risks associated with chronic exposure [13–19].

Certain populations can be predisposed to the adverse effects of these toxic exposures as a result of poor diet, social history coping strategies and prior stress-induced traumatic events. Each alone or in combination can precipitate/exacerbate physiologic responses to toxicant exposure with resultant health consequences [20]. This population, as an example, are those who have been exposed to intimate partner violence (IPV). IPV is a global public health epidemic that initiates/exacerbates health consequences affecting a victim's lifespan. IPV can significantly predispose women to a lifetime risk of developing significant health consequences due to the effect of stress and inflammation [21]. A well-established cohort of women exposed to IPV and poor health outcomes has been previously studied [22,23]. Women who have experienced IPV engage in coping strategies that pose negative health consequences; i.e. smoking and poor nutritional choices, both of which potentiates a poor health-related quality of life [24–28]. Although some researchers theorize that inflammatory/hormonal insults are pivotal in the development of significant health disparities in victims of IPV, the exact mechanism(s) are still undetermined [22,24–26,28–31]. Women who have been exposed to IPV may be more susceptible to the deleterious effects of pro-inflammatory cytokines and impairment of endothelial function [31,32].

Biomonitoring studies using several body fluids have gained prominence to assess human exposure to a multitude of chemicals including PAHs [33–35]. Blood and urine samples are frequently used, yet require careful processing and chemical clean-up before the samples are analyzed. Previous studies using saliva as predictors of adverse clinical outcomes associated with IPV have been examined and as such, can provide an accurate and sensitive vehicle for biomarker profiling inflammatory mediators to assess the mechanisms of disease progression [22,23]. Saliva has the potential as a “diagnostic alphabet” to monitor disease progression in stress-related events [22,23,29,31,36–39]. It is an ideal matrix for biomonitoring as it is less invasive to obtain and sample processing is simple and could be collected and processed in a relatively shorter timeframe. It also contains blood derivatives from oral wounds with the potential to reflect the degree of toxicant exposure under normal and disease conditions [40,41].

The purpose of our study is to utilize whole samples of saliva to identify concentrations of total polycyclic aromatic hydrocarbons (Σ PAHs), B(a)P and their metabolites in a cohort of female patients exposed to IPV who frequent a dental clinic in a community hospital center (Nashville, TN). The specific aims of our study are: 1. To test the feasibility of using saliva as a non-invasive biomarker for detecting and measuring PAHs and their prototypical representative compound B(a)P along with its metabolites; and 2. To investigate whether victims of IPV have an increased risk of build-up of PAH residues when compared with a control group cohort (IPV negative).

Material & methods

Sample collection and processing

This study, which involves patient/volunteers were approved by the institutional ethics committee (Institutional Review Board: IRB) and informal consent was obtained from the participants. An IRB approved cross-sectional study design was used to recruit participants from the Meharry Medical College (MMC) School of Dentistry (SOD) Oral Surgery Clinic. Enrollees were female, whose ages ranged from 19 to 63 yrs. The total number enrolled for this pilot study were $N = 63$: 37 African Americans (AA), and 26 non-African Americans (NAA). Inclusion criteria: female participants, who were required to speak, read, and comprehend English, and be willing to consent for the study. Exclusion criteria: participants that were unable to speak English. Computer generated random clinic times were used to identify potential participants over a period of 10 months during the clinic hours of 8:00 AM. to 12 Noon, Monday through Friday. During the visit individuals that agreed to participate were asked to complete the questionnaire about demographics, health history, including history of injury to head, neck and face, and also asked to complete the Intimate Partner Violence Screening [42] form and during the follow-up visit, the Partner Abuse Symptom Scale questionnaire [43,44].

Saliva specimens were obtained using the passive drool method (unstimulated whole saliva [22,23,38]). Samples were from women whose health status varied from having no health issues to those suffering from asthma, bronchitis and other maladies that contribute to excessive mucus formation. Therefore, to utilize sputum free samples for analyses, sputolysin (EMD Millipore Corporation, MA) or Sputo-LR (GBiosciences, St. Louis, MO) reagents were used for liquefaction specimen preparation. Prior to use, these reagents were diluted (1:10) with deionized water. One milliliter of saliva was diluted with equal volume of the diluted lysis reagent. The samples were centrifuged immediately at $15,000\times g$ for 15 min at 4°C . Aliquots (1.0 mL) of each saliva sample was placed into in a 1 mL Eppendorf tube and stored at -80°C until analysis.

Chemical extraction and chromatographic analysis

Standardization of extraction method for analytes

Prior to extraction and analysis of saliva samples collected from the IPV patients, the extraction procedure was optimized using artificial saliva (Sigma–Aldrich). The stock solutions of the analytes of interest [the EPA priority PAHs mixture, B(a)P parent compound, and B(a)P metabolites such as the B(a)P 4,5-diol, B(a)P 3,6-dione, and 3(OH) B(a)P] were dissolved in methanol at the concentration of 100 $\mu\text{g}/\text{ml}$ and stored at 4°C . The working solutions prepared from the stock solutions at the level of 0, 10, 25 and 50 $\mu\text{g}/\text{ml}$ were used to spike the artificial saliva. To check the percent recovery of analytes of interest, the samples were subjected to the extraction protocol detailed below.

Sample analysis

On the day of analysis, samples were retrieved, thawed and transferred to a Corning® screw capped vial (Corning Inc.,

Glendale, AZ). A volume of 1 ml HPLC grade water was added to the lysate, followed by 3 ml of methanol and 1.5 ml of chloroform. The tubes were stirred using a vortex for 60 s and then centrifuged at $5000\times g$ for 20 min. After centrifugation, the organic and aqueous layers were separated. The organic layer was carefully retrieved into another tube using a Pasteur pipette fitted to an electrical pipettor. The extraction procedure was repeated with the aqueous layer left in the tube. The organic layer was collected as mentioned above. Organic phases from both extractions were pooled and dried under N_2 using a Meyer Analytical Evaporator (Organomation Associates Inc., Berlin, MA). The residue was reconstituted in 300 μl of methanol, passed through Acrodisc filters (0.45 μm ; 25 mm diameter; Gelman Sciences, Ann Arbor, MI) to prepare particulate free samples for chromatographic analysis. The ΣPAHs , B(a)P, and its metabolites were analyzed by a High-Performance Liquid Chromatograph (HPLC) Model 1200 (Agilent, Wilmington, DE) equipped with a variable wave length detector and programmable fluorescence detector as reported in Cioroiu et al. [45] for ΣPAHs and Harris et al. [18] for B(a)P metabolites.

Statistical analysis

Data on ΣPAHs , B(a)P parent compound residues and B(a)P metabolite concentrations in IPV positive and negative patients for each racial group were analyzed by one-way analysis of variance. The differences among means were determined by using Bonferroni's post hoc test with the criteria for statistical significance set at $p < 0.05$ (SPSS, Chicago, Illinois).

Results

Our extraction method standardized by using artificial saliva yielded reliable results. The analyte extraction efficiency (as calculated by percent recovery of spiked compound) showed no sample matrix-related interferences. The percent recoveries ranged from 88 to 96% for ΣPAHs , 89–100% for B(a)P parent compound, and 88, 89 and 93% for B(a)P 4,5-diol; B(a)P 3,6-dione and 3(OH) B(a)P metabolites respectively. The reagent/solvent blanks and sample matrix (saliva) blanks extracted and analyzed in parallel with the patient samples showed no traces of the analytes of interest.

The concentrations of 16 Environmental Protection Agency (EPA) designated PAH pollutants from representative cohorts are presented in Figs. 1 and 2. The mean concentrations of individual PAH compounds ranged from 0.04 to 0.54 ng/mL for IPV negative cases in Non-African Americans (NAA) and 0.04–1.10 ng/mL for IPV positive cases in this group. On the other hand, the mean concentrations of PAH compounds for African Americans (AA) ranged from 0.06 to 0.99 ng/mL for IPV negative cases, and from 0.12 to 2.04 ng/mL for IPV positive cases. Since not all PAHs are toxic and/or carcinogenic, our main focus is B(a)P, which is a confirmed carcinogen. The mean concentrations of B(a)P for IPV positive and negative cohorts for both AA and NAA are shown in Fig. 3. The mean concentrations of B(a)P ranged from 0.05 to 0.47 ng/mL for IPV negative cases NAA and 0.38–1.60 ng/mL for IPV positive cases in NAA. On the other hand, for AA, B(a)P concentrations ranged from 0.19 to 0.80 ng/mL for IPV negative cases and

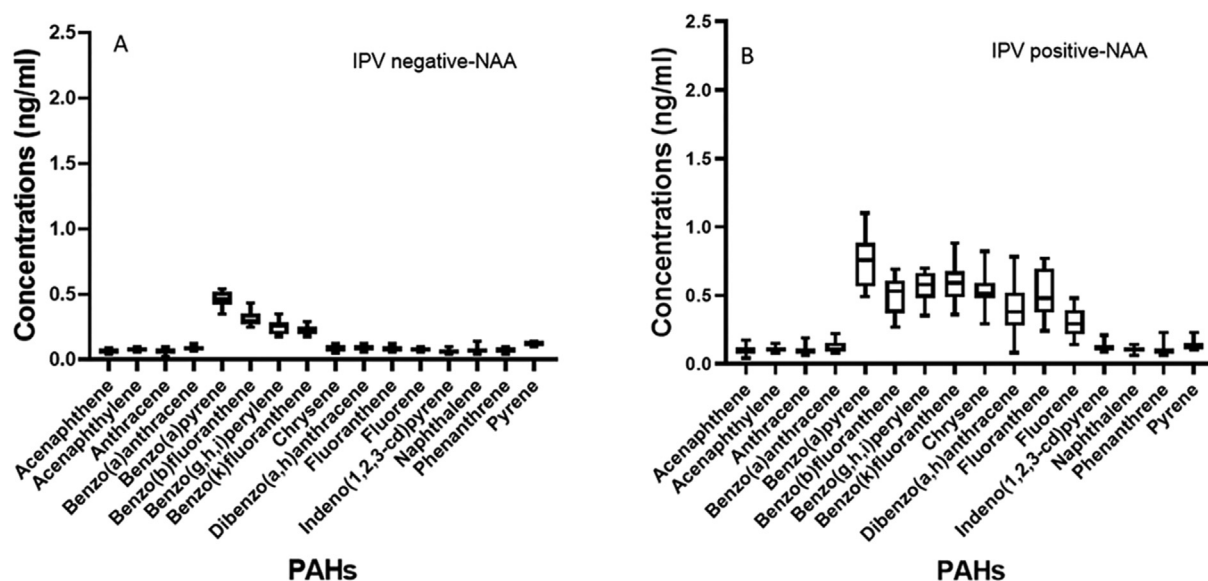


Fig. 1 Concentrations (ng/mL) of Σ PAHs in saliva samples from representative IPV positive ($n = 17$) and IPV negative ($n = 9$) dental patients from the non-African American (NAA) cohorts. The Σ PAHs are EPA priority PAH pollutants, which include naphthalene, acenaphthylene, acenaphthene, fluorene, phenanthrene, anthracene, fluoranthene, pyrene, chrysene, benz(a)anthracene, benzo(b)fluoranthene, benzo(k)fluoranthene, benzo(a)pyrene, dibenz (a,h)anthracene, indeno (1,2,3-c,d)pyrene, and benzo (g,h,i)perylene. Data were not normalized for recovery of analytes from surrogate samples.

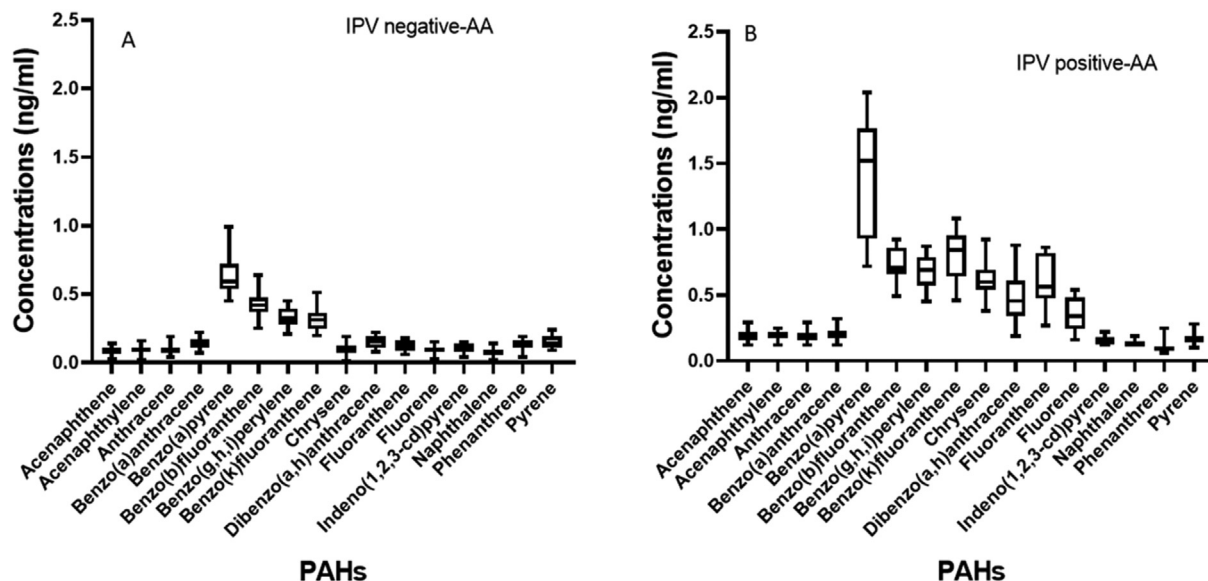


Fig. 2 Concentrations (ng/mL) of Σ PAHs in saliva samples from representative IPV positive ($n = 19$) and IPV negative ($n = 18$) dental patients from the African American (AA) cohorts. The Σ PAHs are EPA priority PAH pollutants, which include naphthalene, acenaphthylene, acenaphthene, fluorene, phenanthrene, anthracene, fluoranthene, pyrene, chrysene, benz(a)anthracene, benzo(b)fluoranthene, benzo(k)fluoranthene, benzo(a)pyrene, dibenz (a,h)anthracene, indeno (1,2,3-c,d)pyrene, and benzo (g,h,i)perylene. Data were not normalized for recovery of analytes from surrogate samples.

1.06–4.30 ng/mL for IPV positive cases. The differences in B(a)P concentrations between IPV negative and positive cases both in NAA and AA were statistically significant ($p < 0.05$). Additionally, the differences between NAA and AA in IPV positive cases were statistically significant ($p < 0.05$). The total

B(a)P metabolite concentrations are depicted in Fig. 4. The B(a)P metabolite concentrations reflected a trend similar to that of B(a)P parent compound. The B(a)P metabolite concentrations ranged from 0.45 to 0.81 ng/mL for IPV negative cases in NAA while 0.83–2.06 ng/mL for IPV positive cases in NAA. On the

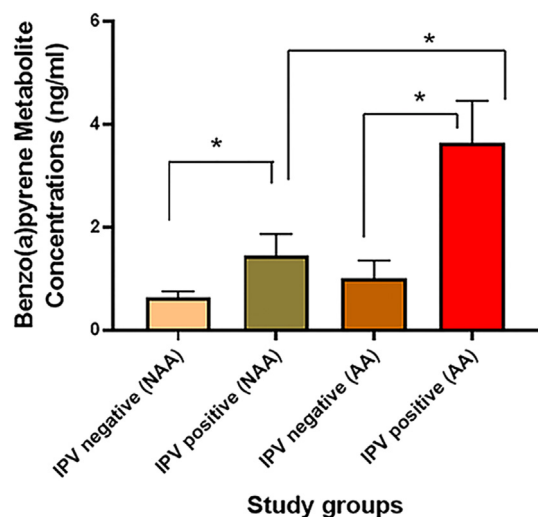


Fig. 3 Concentrations (ng/mL) of unmetabolized benzo(a)pyrene compound in saliva samples from IPV positive and IPV negative dental patients. Values represent mean \pm SE ($n = 18$ for IPV- negative AA; $n = 19$ for IPV- positive AA; $n = 17$ for IPV- positive NAA; $n = 9$ for IPV negative NAA). Asterisks denote statistical significance ($p < 0.05$) in benzo(a)pyrene concentrations. Data were not normalized for recovery of analytes from surrogate samples.

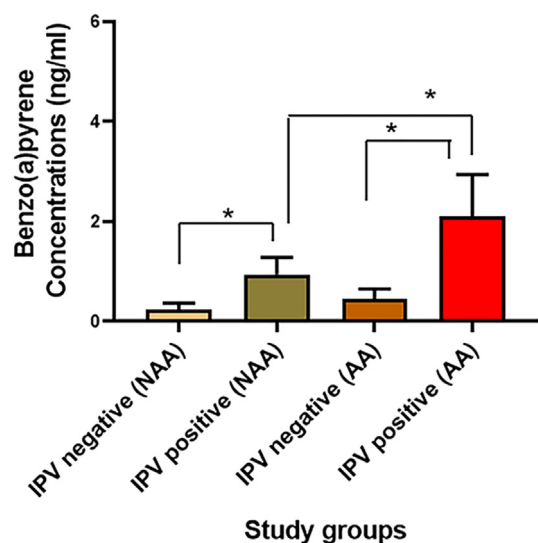


Fig. 4 Concentrations (ng/mL) of benzo(a)pyrene metabolites in saliva samples from IPV positive and IPV negative dental patients. Values represent mean \pm SE ($n = 18$ for IPV- negative AA; $n = 19$ for IPV- positive AA; $n = 17$ for IPV- positive NAA; $n = 9$ for IPV negative NAA). Asterisks denote statistical significance ($p < 0.05$) in benzo(a)pyrene metabolite concentrations. Data were not normalized for recovery of analytes from surrogate samples.

other hand, for AA, the B(a)P concentrations ranged from 0.49 to 1.87 ng/mL for IPV negative cases and 2.32–4.36 ng/mL for IPV positive cases. As in the case of B(a)P parent compound concentrations, the B(a)P metabolite concentrations among the IPV groups in NAA and AA were statistically significant

($p < 0.05$). Using authentic B(a)P metabolite standards procured from the National Cancer Institute Chemical Carcinogen Repository, the B(a)P metabolites identified and quantified from our samples are shown in Fig. 5. The B(a)P metabolites detected in all the samples include B(a)P 4,5-dihydrodiol; B(a)P 7,8-dihydrodiol; B(a)P 9,10-dihydrodiol; B(a)P 3,6-dione; B(a)P 6,12-dione; 3(OH) B(a)P and 9(OH) B(a)P.

Discussion

The purpose of this cross-sectional cohort study was to report the use of a number of innovative tools and techniques to assess the presence of concentrations of Σ PAHs, B(a)P and its metabolites in the saliva samples in female patients exposed to IPV who frequent a dental clinic in a community hospital center in Nashville, TN. Based on results, we were able to successfully detect B(a)P in saliva samples of both IPV positive and negative participants. We hypothesized that previous exposure of IPV may increase the risk of exposure to toxicants from smoking and poor nutritional choices, both of which have the potential to exacerbate/precipitate poor health outcomes in this patient demographic. The ultimate goal is to apply salivary diagnostics for early identification of harmful toxicants and risk for carcinogenic diseases in populations affected by stress-induced traumatic events. Access to point of care salivary testing might potentially allow practitioners to initiate early monitoring that will help evaluate patients for a variety of toxicant exposures that could lead to poor health outcomes [46]. We suggest that this approach can provide useful diagnostic “rheostat” information that can be used to improve the overall health of not only patients exposed to IPV but all patients within that are chronically exposed to hazardous toxicants.

As PAHs comprise a family of more than 100 compounds, we screened the saliva for the United States Environmental Protection Agency (USEPA) designated 16 priority PAH pollutants. These PAHs were categorized based on their environmental occurrence, including hazardous waste sites, with the potential for human exposure and toxicity [47] and have been used for risk assessment purposes [48]. A saliva screen of our samples revealed not all but some of these priority PAHs registering high levels, one of which is B(a)P. Our data on PAH concentrations in saliva are mostly within the range of those reported by Martin Santos et al. [49] in saliva of firefighters (0.2–3 ng/mL), Marin Santos et al. [50] in saliva of non-smokers versus smokers (0.068–0.14 ng/mL), and Pena et al. [51] in saliva of non-smokers versus light smokers (0.037–0.16 ng/mL) and less than those reported by Carrizo et al. [52] in saliva of heavy smokers (100–1000 ng/mL). However, our salivary PAH concentrations measured for some IPV-positive cases ranged from 1.06 to 4.36 ng/mL. The duration of exposure to PAHs, total number of PAHs screened in saliva, characteristics of subjects, and differences in sample processing and analytical methods employed by us and other investigators could account for the differences in PAH concentrations in saliva.

Compared to NAA patients, the total PAH concentrations were significantly higher in their AA counterparts in screening of our samples. The B(a)P concentrations (unmetabolized parent compound) concentrations showed a similar trend.

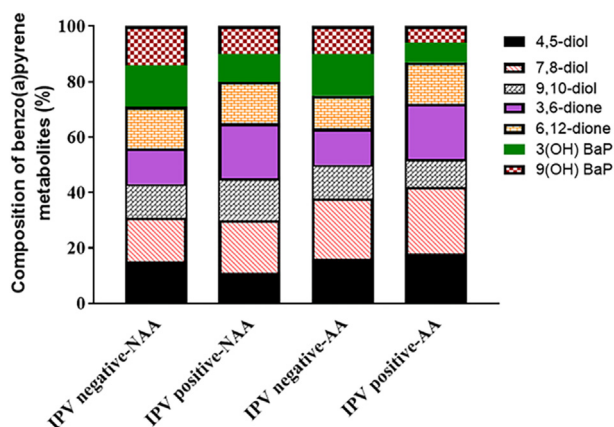


Fig. 5 Metabolite composition of benzo(a)pyrene in representative samples from IPV positive and IPV negative dental patients. AA stands for African American patients; and NAA stands for non- African American patients).

Regardless of the route of exposure, most of the B(a)P entering the body is rapidly metabolized and excreted [5,53] except in chronic (long-term) exposure scenarios. Even though the un-metabolized B(a)P concentrations were very low, compared to NAA patients, the concentrations were significantly higher in their AA counterparts. Our previous report on B(a)P and PAH levels in serum samples collected during post-mortem reiterate that environmental, dietary and smoking-related factors substantially contribute to the body burden of PAHs in AA [54]. Also, the effect of differences in B(a)P intake, biotransformation, half-lives and excretion rates depending on the route of exposure to B(a)P [50,53,55,56] could not be ruled out. Overall, the concentrations of B(a)P metabolites in saliva were greater in IPV positive patients, compared to IPV negative patients ($p < 0.05$). The results from this investigation support findings from other studies that correlates IPV exposure with immune dysfunction, chronic precipitation of inflammation and/or exacerbation of the metabolic syndromes. In addition, they show possible chronic cumulative effects along the inflammatory cascade which agrees with studies that suggests IPV as a severe stressor [23]. The differences seen with respect to the cross correlates of inflammatory mediators between the IPV + and IPV- cohort salivary samples follow findings seen in other studies [26,31,37,38,45]. Fernandez-Botran et al. [26] suggest that elevated levels of C-reactive protein (CRP) are more likely to be the result of a chronic cumulative effect of other mediators including the interleukins. Previous exposure to traumatic stress events such as facial trauma can result not only in elevated individual mediators, but their relationship to each other [26,45,57,58]. Stressors whether they be physical or psychological can both increase the systemic levels of acute phase reactants such as interleukin (IL)-6 and CRP as well as act as regulators of other mediators within the inflammatory cascades. This has its basis at the level of the Hypothalamic-Adrenal –Axis which then provides feedback loops that orchestrate inflammatory cascades. The exposure of IPV whether it be as an adult or through temporal timing from early trauma sets up the rhythm for disease progression. Our

results with respect to the mediators measured also suggests a potential trend of heightened inflammatory status. In this context, it should be noted that a greater incidence of IPV has been reported in minority and impoverished populations [59], especially African Americans [60]. Our results therefore may support the correlation of inflammation with greater toxicant accumulation in AA and the significant differences between NAA and AA seen in our cohort samples.

Among B(a)P metabolites, the relative proportion of B(a)P 7,8-hydrodiol, B(a)P 3,6-dione and B(a)P 6,12-dione were greater in IPV positive cases compared to IPV negative cases. These metabolites are formed as part of regular biotransformation of B(a)P ingested either through diet or inhaled through cigarette smoke. Aside from metabolites generated through B(a)P biotransformation in lung and liver, some of the metabolites may have been generated through B(a)P metabolism in oral tissues. In addition to B(a)P metabolites, some of the ingested PAHs accumulate in the mucus lining of the oropharyngeal region where mucus-tissue partitioning of PAHs occur [61] facilitated by the mucin glycoproteins [62]. Kapoor et al. [63] and Vondracek et al. [64] found B(a)P metabolizing activity in human bronchial mucus, and buccal mucosa respectively. Human oropharyngeal mucosal biopsy samples incubated with the B(a)P metabolite, B(a)P 7,8-dihydrodiol 9,10-epoxide were found to have DNA damage induced by the diol metabolite [65]. Chen et al. [66] reported a preponderance of these DNA adducts (biomarkers of genotoxicity) derived from the diol metabolites of B(a)P and dibenzo [def,p]chrysene in oral buccal cells of smokers. Walle et al. [67] demonstrated transport, bioactivation and DNA binding of B(a)P in bioengineered human gingival tissue. These authors have shown B(a)P-induced cytochrome P450 (CYP)1A1 and 1B1 expression in those tissues. Chi et al. [68] also reported expression of B(a)P biotransformation enzymes in oral squamous epithelial tissues with a pronounced expression in smokers. The above-mentioned diol and quinone metabolites formed through epoxide and quinone pathways respectively of B(a)P metabolism evoke much interest in view of their involvement in various biochemical and molecular pathways involved in disease causation [69].

Our earlier studies [22,23] suggest that women who have experienced IPV engage in coping strategies that pose negative health effects, such as smoking and poor nutrition, which potentiate the long-term negative impact/risk for cardiovascular disease (CVD) and other chronic illnesses [24–28,70]. Although some researchers, including our team, theorize that inflammatory/hormonal cascades are pivotal in the development of significant health disparities such as CVD in victims of IPV, the exact mechanism(s) are still undetermined [22,24–26,28–31]. Women who have been exposed to IPV may be more susceptible to the deleterious effects of pro-inflammatory cytokines and impairment of endothelial function with subsequent cardiovascular breakdown [31,32,71]. The rupture of oral tissues or lacerations or other injuries caused during IPV contaminate the saliva with B(a)P residues released through blood into the oral cavity. If these patients happen to smoke as part of their lifestyle or to alleviate their stress arising from IPV [72], the net load of B(a)P residues in saliva are likely to

increase. Additionally, the damaged oral tissues could serve as portals of entry for B(a)P into the body, when these individuals ingest food tainted with B(a)P.

Aside from regular cigarettes, people who smoke menthol containing cigarettes or electronic cigarettes will have a relatively greater infusion of B(a)P into their system. Many people are drawn to the menthol cigarette due to the anesthetic, and analgesic effects of menthol [73]. Menthol was reported to enhance the flux of B(a)P across esophagus and help in B(a)P reservoir formation in the porcine esophageal mucosa model [74]. Published reports indicate that one third of female smokers are patrons of menthol cigarettes [75], with a prevalence among African American women smokers [76]. Since IPV victims also are addicted to alcohol to cope up with the trauma of IPV [77], the concomitant use of alcohol and tobacco smoke may have a deleterious effect on an individual's health.

The observed disparity in Σ PAH concentrations and B(a)P metabolite concentrations by race is consistent with published literature. Distinct associations between smoking and genetic polymorphisms in genes responsible for PAH metabolism [78] and smoking associated rise in PAH levels in urine [79] was reported in AA. As our study sample exclusively comprises women, some of them being in the child-bearing age group, even if they are non-smokers, their exposure to airborne PAHs, dietary habits (too much consumption of red meat), and body mass index (accumulation of PAHs in fat masses) may put their fetuses at an elevated risk resulting in PAH-induced adverse pregnancy outcomes [80].

To the best of our knowledge, there were no studies that explored the levels of toxicants in IPV victims. Our studies for the first time analyzed the levels of ubiquitous toxicants such as PAHs in saliva. Additionally, findings of our study provide some novel insights into the utilitarian value of salivary toxicants as not only biomarkers of exposure but also biomarkers of effect. IPV is a primary or psychosocial stressor, which could create a path for further insult from secondary stressors (environmental toxic chemical exposures and substance abuse such as tobacco, cannabis smoke etc.). The synergistic effect of these stressors on a chronic basis may have significant adverse effects [81,82]. In this regard, studies conducted earlier by our team [22,23] on IPV are worthy of mention. These studies revealed elevated levels of IL 1 β , IL-6, tissue necrosis factor α , CRP, and matrix metalloproteinase 9 in the saliva of IPV patients and considered as salivary biomarkers of stress, inflammation etc. Taken together, our prior studies on salivary markers of IPV, and current studies on salivary markers of tobacco smoke and food toxicant (PAHs) exposure in IPV patients suggests a potential benefit for monitoring nicotine, chemicals from tobacco smoke, and other toxicants particularly in individuals at risk for chronic psychosocial and/or environmental exposure. Biomonitoring studies like these maybe helpful for advancing our understanding of the relationship between existing trauma, exposure to environmental toxicants, and poor health outcomes.

Study limitations

Our study although quite encouraging does have limitations in data interpretation. The study design is cross-sectional; cause

and effect studies can be prohibitive and the small sample size (N = 63) is of insufficient power to make any generalizations about CVD health and biomarker risk indices. Although there were significant differences between the number of IPV participants compared with the IPV negative cohort, due to the fear and stigma associated with IPV, the study may have been susceptible to false negative responses from participants. Also, while questionnaires, have been shown to be valid and have good test-retest reliability, victims may still report no abuse. In a study of this nature, victim misclassification is expected and should be taken into consideration as a potential confounder [83]. The health consequences from IPV may or may not exist after the abuse is discontinued and therefore our estimates may have missed a "window of opportunity".

Our sample size of NAA is modest and constitutes samples drawn from Caucasians, Hispanics, and Asians combined, limiting our ability to stratify data on the basis of exposure and putative biological effects individually in these races. Nonetheless, our study has implications for long-term biomonitoring of patients, who visit the dental clinics at least two times a year for dental clean-ups or some surgical procedures (capping, filling or root canal surgeries). Additionally, analysis of blood and urine samples from these patients may be helpful in validating the findings observed in the saliva samples and also provide valuable information on biomarkers of exposure not only for PAHs but other emerging pollutants of concern as well.

Conclusions/future directions

Our studies are corollary to the public health exposome concept that characterizes the whole gamut of individual exposure to environmental agents, coupled with endogenous factors [84]. While the saliva exposome studies published elsewhere [85] were able to capture the endogenous and therapeutic agent-derived compounds/metabolites, pollutants were not represented in detail in that report due to lack of sufficient data. Both the clinician and basic scientist continue to face challenges in assessing toxicant loads in the absence of comprehensive educational resources, definitive laboratory tests, established dose-response relationships or exposure history tools [86]. A timeline of exposure history will continue to be the most useful clinical tool for assessing toxicant exposures, until standardized assessment tools can be calibrated to be applied universally. Engaging all catchments of patients in community has the potential to integrate knowledge about toxicant exposures, individual susceptibility, genetic predisposition, and lifestyle. The latter support accountability for the impact of the environment on the health of populations and individuals. Future studies from our group and collaborators will focus on detecting and quantifying trace concentrations of emerging pollutants of concern such as endocrine disruptors, phthalates, nitrosamines, pharmaceuticals etc. in accessible oral tissues/cells of healthy individuals and patients in various disease states visiting dental clinics. Through these studies, we plan to embark on a toxicovigilance approach [87] to characterize biomarkers of exposure and, effect and susceptibility [88] for these toxicants from an environmental medicine standpoint.

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Conflicts of interest

The authors have none to declare.

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