

Smoking and Your

Dental Health

- Smoking can cause staining, bad breath and dry mouth.
- Smoking is a contributing factor for periodontal disease.
- Smoking is associated with poor wound healing.



Smoking is an Addiction to a Physical Habit

Many studies show that denicotinized cigarettes provide craving relief more than nicontinized alternative.

Electronic Cigarettes (E-CIG)

- The E-CIG is a non-tobacco recreational nicotine delivery device.
- Has carcinogens at lower concentrations than tobacco combustion products.
- Product is not currently regulated; nicotine delivery is unpredictable.
- The E-CIG does not help to break the oral habit, and is not supported currently as a “smoking cessation” device.

Smoking Cessation Timeline

- 0 seconds:** Air is free of carcinogens
- 20 minutes:** Blood pressure and oxygen levels return to normal.
- 9 months:** Coughing decreases and lung functions improves.
- 1 year:** Risk of coronary heart disease is decreased by 50%.
- 10 years:** Life expectancy returns to non-smoker levels.

Support & Help

The UF Area Health Education Centers(AHEC) IQuit Program is FREE and provides free nicotine replacement medications and group counseling with others going through the same situation. For information visit: ahectobacco.com/calendar

UF Health Science Center
staff, patients & families
352-392-4541

UF Students
352-273-4450

UF Faculty & Staff
352-392-5787

All other Florida residents
1-877-848-6696



NOW

... is the time to quit.



Smoking and Your Dental Health

Brought to you by
DMD Clinic 3A
Team Eight

Treatment Options for Quitting



Where to START

- ❑ **Identify reasons to quit.** List them on a notepad and put them on a place that you will see every day such as a refrigerator door or your desktop screen.
- ❑ **Set the date and time.** Tell friends and family your quit date. Mark it on the calendar.
- ❑ **Think about when and why you use tobacco.** When you are sad? Bored? Stressed? While driving? Break from work? With others or alone?
- ❑ **Develop a plan for situations you typically smoke.** If you smoke when you are bored, pick up crossword puzzles or exercise or call a friend!
- ❑ **Think POSITIVE.** "I'm worth it." "I will do this."
- ❑ **What happens if you smoke after you quit?** DON'T PUNISH YOURSELF; try to think why it happened and develop a plan or activity to do the next time it comes up.

Nicotine Replacement Therapy (NRT)

- NRTs aim to decrease withdrawal symptoms by replacing nicotine in the blood.
- All forms of NRT (gum, patch, lozenge, etc.) are effective.
- NRTs double long term success rates of smoking cessation.

Anti-Depressants

- Bupropion and Nortriptyline aid long-term smoking cessation.
- The correlation of success is similar to NRT.
- Correlation of success is not limited to patients with history of depression.
- SSRI type of anti-depressants have NOT been shown to aid in smoking cessation.



How to Increase Your Chances of Success

1. **Group counseling and/or telephone quit lines** DOUBLE the probability for smoking abstinence than medications alone.
2. **People can seek help from ANY provider** (from dentist to cardiologist) to keep on track. Every level of health care comprehensively supports smoking cessation initiatives.
3. **STAY INVOLVED.** Once you quit stay involved. Run a group counseling meeting or participate in smoking cessation events. Be there for others that are starting their own smoking cessation journey.