

Quitline 13 7848

Quitline advisors are available:

Monday to Friday 9am - 8pm, Saturday/Sunday
& most public holidays 2pm - 5pm

Quitline can provide free printed resources and ongoing support for you!

Quitline will offer tips and strategies for preparing to quit, making the quitting less stressful, and staying a non-smoker, even when things get tough.

If you call on a mobile, Quitline is happy to ring you back.

If calling on a land line, from anywhere in the state 131 848 is at local call rates.

Increased calculus (sometimes called tartar)

Smokers may have an increased likelihood of forming calculus.

If you quit smoking... with regular mouth cleaning and visits to your dental practitioner you may develop less build up of calculus.

Decreased taste

Smoking by-products stick to surfaces in your mouth and make it hard for taste buds to work. It has also been shown to affect sense of smell.

If you quit smoking... taste sensation starts to improve after 48 hours.

Furry tongue

Tobacco products leave a stained coating on the surface of the tongue which sticks to plaque and the tongue surface.

If you quit smoking... and regularly clean your teeth, gums and tongue and are also in good health, you are unlikely to develop furry tongue.

Want to stop smoking?

for help with quitting contact the...

Quitline 13 7848

www.quitsa.org.au



References:

Johnson, NW., Bain, CA., 2000, Tobacco and Oral Disease, British Dental Journal, vol. 189, no. 4.
Winn, DM., 2001, Tobacco Use and Oral Disease, Journal of Dental Education, vol. 65, no. 4.
Mecklenburg, RE., Greenspan, D., Kleinman, DV., et al., Tobacco effects in the mouth: NIH Publication, 1992.

Smoking...

What might happen to your mouth?

bad breath • stained teeth • gum disease • oral cancer
increased calculus • reduced taste sensation • furry tongue



Ask your dentist or hygienist about smoking and the effects on oral health

Bad breath

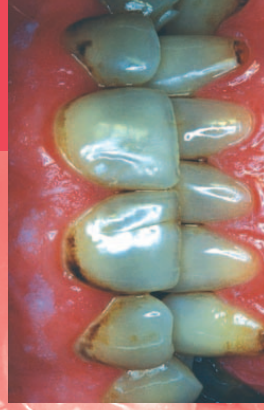
Tobacco use is one of the main causes of bad breath.

If you quit smoking... and regularly clean your teeth, breath problems are less likely. (Regular dental checks are also important to ensure no other dental factors are causing bad breath)

Stained teeth

Tobacco can cause staining of tooth surfaces, white fillings and dentures.

If you quit smoking... combined with proper home and professional cleaning you can reduce visible stains and enhance the effects of tooth whitening products.

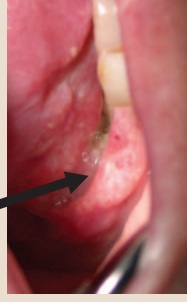


Oral cancer

Using any tobacco product will increase your risk of developing oral cancer, especially if you also drink moderate or heavy amounts of alcohol regularly. Smokers are 7 times more likely than non smokers to develop oral cancer.

The most common places where oral cancer forms are on the tongue, gums or the floor of the mouth. Signs and symptoms of oral cancer may be white or red patches in the mouth that do not go away, sores in the mouth that do not heal, changes in the way teeth fit together or lumps and swellings. If you smoke it is important to have the dentist check your mouth regularly.

If you quit smoking... within 5-10 years your risk of developing oral cancer will be halved.



Gum disease

Gum diseases such as gingivitis and periodontitis are more common in smokers. Smoking runs down your immune system and makes you more likely to have bone loss around your teeth. Smokers, especially those under 50 are at greater risk of losing teeth.

Dental implants are less likely to be successful in smokers.

If you quit... stopping smoking cuts down your risk of getting gum diseases and losing teeth. Smoking cessation will also improve the success rate of dental implants.

Is it time to Stop Smoking?

- It can be tough to stop smoking, but with some **help** you can soon be free from tobacco forever!
- Remember, before you begin, the **3 Ps: Preparation, Planning, & Persistence**.
- **Get some support!** You wouldn't service your car without the right tools, or play a sport without the correct equipment, so use the experts to help you with quitting. Speak to the Quitline, 13 7848, your GP, Pharmacist or other health professional. They can really help!
- Find out about **Nicotine Replacement Therapies (NRT)**. While not everyone uses NRT to quit, it may make the journey easier. It may be a good investment for a long term gain!
- Some tips for quitting:

The 4Ds

- **Delay** - don't get that cigarette out! The urge to smoke will pass.
- **Drink water** - use ice cubes, a dash of lemon juice, sip it slowly.
- **Deep breathe** - slow, measured breaths, focus on feeling the air going in.
- **Do something else** - exercise, hum a song, stretch, write a shopping list.
- **Look at the real reasons** why you are craving a cigarette. Smoking is about physical dependence, (nicotine); emotional needs (stress, feeling relaxed, etc); and habits ("smoke" breaks, end of a meal, etc). Find alternatives, manage your needs in new ways.
- **Make some changes!** Put cigarettes in an inconvenient place, don't smoke with friends, etc.