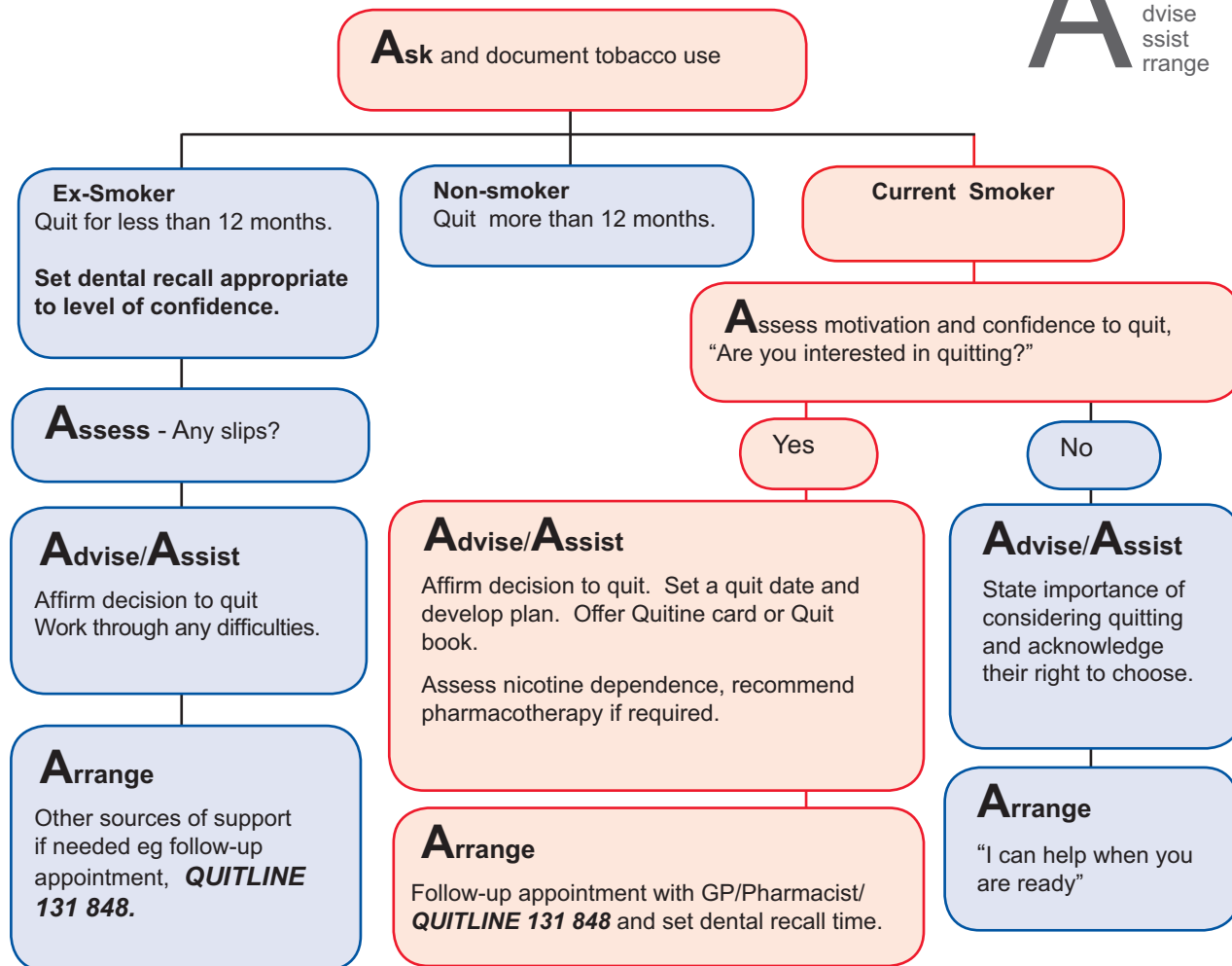


Dental Smoking Cessation

Flow Chart

Five A's
Ask
 Assess
 Advise
 Assist
 Arrange



SYMPTOMS OF QUITTING

Symptom	Effect on body	Coping strategy
Bleeding gums	Circulation improves, increased gingival bleeding may be evident.	Effective plaque removal.
Craving	Intense desire to smoke, declines over 4 weeks	Consider pharmacotherapy. Brief distractions eg: 4D's: drink water, deep breathe, do something else, delay urge to smoke. Ring the Quitline 131 848.
Coughing	Worse initially, body clearing respiratory tract.	Settles after first 2-3 weeks.
Hunger	Possibly intense, may persist.	Start regular exercise program. Eat sensibly, but no serious dieting until a less stressful period. Moderate alcohol consumption.
Bowel upsets	Possible constipation or diarrhoea.	Settles over 2-3 weeks.
Sleep disturbances	Sleep patterns altered, insomnia or tiredness.	Settles over 2-4 weeks.
Dizziness	Caused by improved tissue oxygenation.	Passes spontaneously.
Mood alteration	Reflections of grief and (mainly) nicotine withdrawal on neuro transmitters.	Consider Pharmacotherapy. An old support system has been lost, find new ways to handle stress, eg: talk to a friend. Transient mood, returns to normal after 4 weeks.

Health Benefits of Quitting

Health Benefits of Quitting

20 minutes

- Blood pressure and pulse rate returns to normal.
- Temperature of hands and feet increases to normal.

8 hours

- Carbon monoxide and oxygen level in blood returns to normal.

24 hours

- Immediate risk of heart attack starts to fall.

14 days

- Circulation improves.
- Energy and fitness level improves.
- Lung function increases by up to 30%.

1 month

- Most nicotine withdrawal symptoms disappear.

3 months

- Cilia regrow in lungs, increase in their ability to handle mucus, clean themselves and reduce infection.

1 year

- Risk of coronary heart disease is half that of smoker.

10 years

- Risk of lung cancer is 30-50% that of continuing smoker.

15 years

- Stroke risk same as non-smoker.
- Risk of coronary heart disease same as a non smoker.

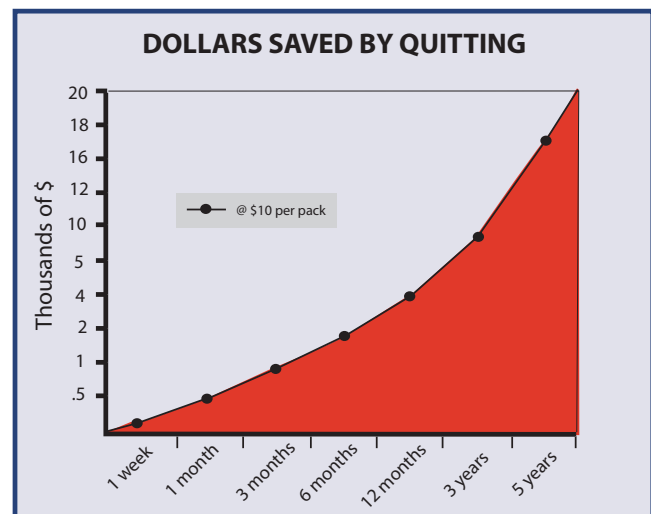
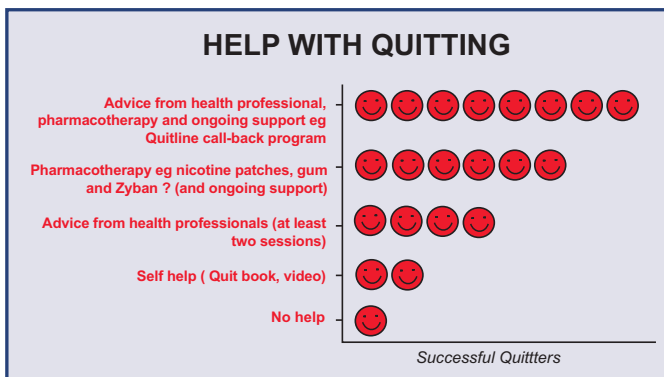
Dental Benefits of Quitting

Initial and continuing benefits:

- Improved gingival and oral tissue health.
- Improved taste sensation after 48 hours.
- Prevents bad breath.
- Minimises tooth staining.
- Smokers' palate disappears shortly after cessation of smoking.

Longer term benefits:

- Reduced risk of periodontal disease and tooth loss.
- Improved treatment outcomes for:
 - Oral surgery
 - Periodontics
 - Implants
 - Prosthesis
 - Restorative and aesthetic dentistry.
- Smokers' melanosis in heavy smokers reverses after a year and gingival colour returns to normal.
- Oral leukoplakia may regress or disappear following cessation.
- Diminished risk of mouth, throat and oesophagus cancer to half that of a smoker after 5 years.



PHARMACOTHERAPY FOR SMOKING CESSATION

SUITABLE ONLY FOR PATIENTS SMOKING 10 + CIGARETTES PER DAY

TYPES OF THERAPY

Nicotine sub-lingual tablet
 Nicotine lozenge
 Nicotine patch
 Nicotine gum
 Nicotine Inhaler
 Bupropion (Zyban)

REFER TO

Pharmacist
 Pharmacist
 Pharmacist
 Pharmacist
 Pharmacist
 General Practitioner