Flow Chart

**Assess** - Any slips?

**Ex-Smoker**
Quit for less than 12 months.
Set dental recall appropriate to level of confidence.

**Non-smoker**
Quit more than 12 months.

**Current Smoker**
Assess motivation and confidence to quit, "Are you interested in quitting?"

Yes

**Assess**
Advise/Assist
Affirm decision to quit. Set a quit date and develop plan. Offer Quitine card or Quit book.
Assess nicotine dependence, recommend pharmacotherapy if required.

No

**Arrange**
"I can help when you are ready"

Advise/Assist
State importance of considering quitting and acknowledge their right to choose.

Arrange
Follow-up appointment with GP/Pharmacist/QUITLINE 131 848 and set dental recall time.

SYMPTOMS OF QUITTING

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Effect on body</th>
<th>Coping strategy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bleeding gums</td>
<td>Circulation improves, increased gingival bleeding may be evident.</td>
<td>Effective plaque removal.</td>
</tr>
<tr>
<td>Craving</td>
<td>Intense desire to smoke, declines over 4 weeks</td>
<td>Consider pharmacotherapy. Brief distractions eg: 4D’s: drink water, deep breathe, do something else, delay urge to smoke. Ring the Quitline 131 848.</td>
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<tr>
<td>Coughing</td>
<td>Worse initially, body clearing respiratory tract.</td>
<td>Settles after first 2-3 weeks.</td>
</tr>
<tr>
<td>Hunger</td>
<td>Possibly intense, may persist.</td>
<td>Start regular exercise program. Eat sensibly, but no serious dieting until a less stressful period. Moderate alcohol consumption.</td>
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<tr>
<td>Bowel upsets</td>
<td>Possible constipation or diarrhea.</td>
<td>Settles over 2-3 weeks.</td>
</tr>
<tr>
<td>Sleep disturbances</td>
<td>Sleep patterns altered, insomnia or tiredness.</td>
<td>Settles over 2-4 weeks.</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Caused by improved tissue oxygenation.</td>
<td>Passes spontaneously.</td>
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<tr>
<td>Mood alteration</td>
<td>Reflections of grief and (mainly) nicotine withdrawal on neuro transmitters.</td>
<td>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.</td>
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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.

HELP WITH QUITTING

Advice from health professional, pharmacotherapy and ongoing support eg Quitline call-back program
Pharmacotherapy eg nicotine patches, gum and Zyban ? (and ongoing support)
Advice from health professionals (at least two sessions)
Self help (Quit book, video)
No help

Successful Quitters

DOLLARS SAVED BY QUITTING

Thousands of $

# $10 per pack

1 week 1 month 3 months 6 months 12 months 3 years 5 years

DOLLARS SAVED BY QUITTING

PHARMACOTHERAPY FOR SMOKING CESSATION

SUITABLE ONLY FOR PATIENTS SMOKING 10 + CIGARETTES PER DAY

<table>
<thead>
<tr>
<th>TYPES OF THERAPY</th>
<th>REFER TO</th>
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<tbody>
<tr>
<td>Nicotine sub-lingual tablet</td>
<td>Pharmacist</td>
</tr>
<tr>
<td>Nicotine lozenge</td>
<td>Pharmacist</td>
</tr>
<tr>
<td>Nicotine patch</td>
<td>Pharmacist</td>
</tr>
<tr>
<td>Nicotine gum</td>
<td>Pharmacist</td>
</tr>
<tr>
<td>Nicotine Inhaler</td>
<td>Pharmacist</td>
</tr>
<tr>
<td>Bupropion (Zyban)</td>
<td>General Practitioner</td>
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