

Frequently Asked Questions & Answers

1. Do smokers really lose their teeth sooner than non-smokers?

Yes. Smokers tend to have more gum disease, and lose their teeth sooner than non-smokers.

2. When will the white patches in my mouth disappear?

Many white patches disappear within weeks of stopping smoking.

3. As a smoker, will I have problems when I have a tooth extracted?

After a tooth extraction smokers have a much higher incidence of complications, such as infection and poor wound healing.

4. Do smokers really get cancer of the mouth?

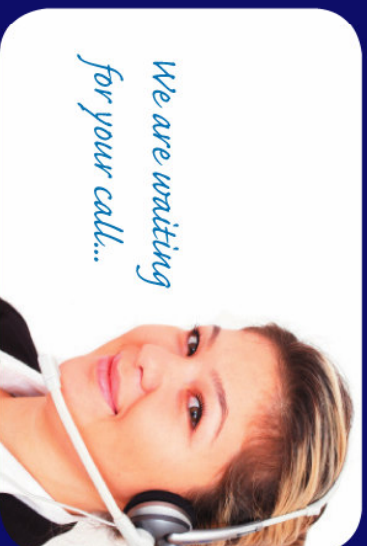
Yes, however if you quit your chances of getting cancer of the mouth are much less.

5. Does smoking change my treatment options?

Yes. Implants cannot be provided for smokers due to the reduced ability to heal.

Remember

- Be positive, "Quitting smoking is possible!"
- The **Quitline 137 848** service has been designed to help you succeed in becoming a non-smoker.
- Smokers who get support greatly **Increase** their chances of **success**.
- The health benefits of quitting start within **two hours** of giving up.



This brochure was developed by SWAHS and sponsored by the Centre for Oral Health Strategy NSW.

Further copies can be downloaded from the NSW Health website: www.health.nsw.gov.au or Better Health Centre – Publications Warehouse: (02) 9887 5450

Health Care Interpreter Service
A free and confidential interpreter service is available, 24 hours, 7 days a week.
Ask the staff to arrange an interpreter for you.
AUSLAN is also available

NSW HEALTH

 Centre for Oral Health Strategy
NEW SOUTH WALES

SMOKING & Your Oral Health

Health Effects of Smoking

*The damaging effects of tobacco use on oral health are well known.**

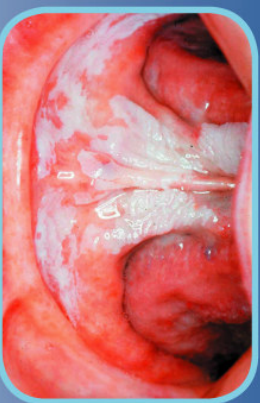
The most significant effects on the mouth are:

- Oral cancers
- Lesions that may lead to cancer
- Increased chance of gum disease
- Poor wound healing after surgery or extractions

* **Watt RG et al:** Public health aspects of tobacco control: setting the agenda for action by oral health professionals across Europe. *Oral Health Prev Dent* 2006;4(1):19-26.



Cancer of the Tongue



Changes that are reversible



Gum Disease

Additional Effects of Smoking

Smokers are more likely to have:

- Smoker's breath
- Stained teeth
- Altered taste sensations
- Premature ageing



Premature ageing in a 45 year old smoker



Stained Smoker's Teeth

Benefits of Quitting

- The health of your mouth, gums and teeth will improve if you stop smoking.
- Your sense of taste and smell will improve.
- You will feel fitter and won't run out of breath so easily.
- Think of the money you will save that you can spend on other enjoyable things.



"You can Quit."

