



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. 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?

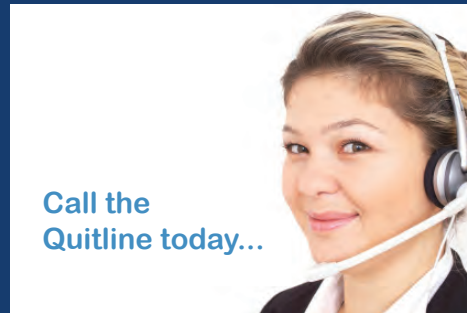
Yes, however if you quit your chances of getting cancer of the mouth are much less.

5. Does smoking limit my treatment options?

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

We can help you...

- 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.
- Nicotine replacement therapies can improve your chances of quitting successfully. Ask **Quitline** or talk to your GP about what is available for you.



Call the
Quitline today...

For more advice and support to help you quit smoking, visit the iCanQuit website:
www.icanquit.com.au



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



Smoking & Your Oral Health



*caring for your
health and
wellbeing*

Health effects of Smoking

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

<https://www.health.gov.au/health-topics/smoking-and-tobacco/about-smoking-and-tobacco/what-are-the-effects-of-smoking-and-tobacco#health-effects>

The most significant effects on the mouth are:

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



Cancer of the Tongue



Changes that are reversible



Gum Disease

Additional effects of Smoking

Smokers are more likely to have:

- Smokers breath
- Stained teeth
- Altered taste sensations
- Premature aging



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'



Intra-oral photos courtesy of OMSS & ORS departments
Westmead Centre for Oral health, WSLHD.