

A guide for oral disease patients
to quit tobacco use

A GUIDE FOR ORAL DISEASE PATIENTS
TO QUIT TOBACCO USE

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Introduction

This self-help material was developed based on WHO Capacity Building Training Package 4 entitled “Strengthening health systems for treating tobacco dependence in primary care”, the latest evidence on the association between tobacco use and oral diseases as well as the evidence on the benefits of tobacco cessation on oral health outcomes. Its target audience are oral disease patients who use tobacco. It aims to give advice and information to improve tobacco users’ readiness to quit and to help those who are ready to quit to plan a quit attempt. The content of this self-help material includes:

1. How to get ready to quit (for oral disease patients not ready to quit);
2. How to plan and make quit attempts (for oral disease patients ready to quit);
3. Local tobacco cessation support resources.

I. Getting ready to quit

Quitting tobacco is a difficult task, but we are here to help. We understand that you might not think it's important to quit or that you can't be successful. As a person with oral disease, it is even more important for you to quit tobacco use. Here you can find information about why quitting tobacco is important for you and your family; the great risks of smoking for people having oral disease; the benefits of quitting and how to improve your confidence in making a quit attempt. We hope you find this information useful, and also hope you will continue to seek advice and suggestions on how to get ready to make a quit attempt.

i. THE IMPACT OF TOBACCO USE ON YOU AND YOUR FAMILY

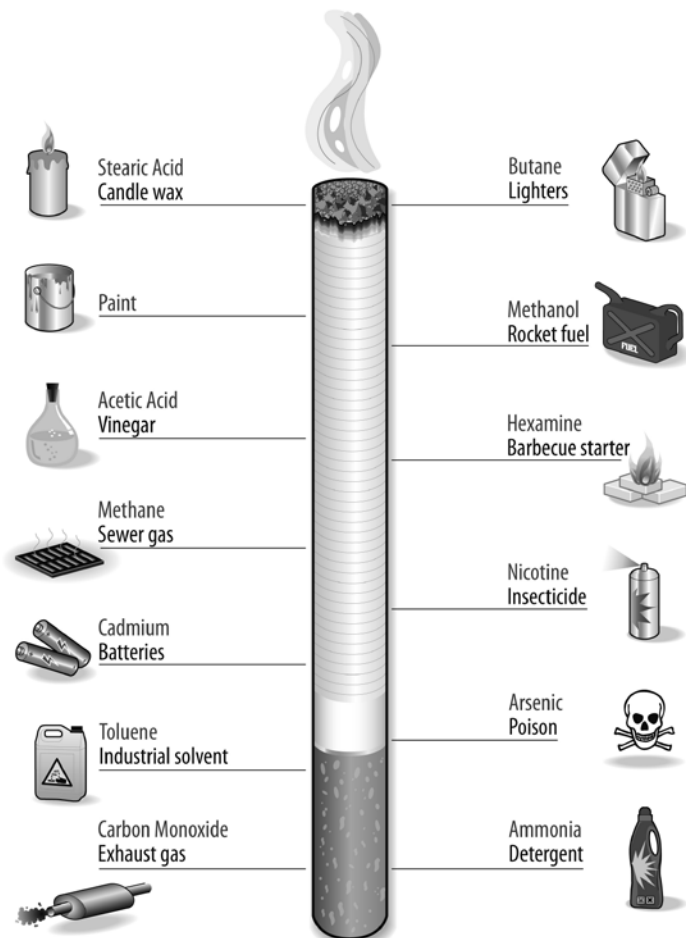
Tobacco use has both health and non-health related impacts to you and those around you.

1. HEALTH RISKS OF TOBACCO USE

Tobacco kills up to half of its users because tobacco products are made of extremely toxic materials.

Tobacco smoke contains more than 7000 chemicals, of which at least 250 are known to be harmful and at least 69 are known to cause cancer. Here are some of the chemicals contained in tobacco smoke:

- Stearic acid (which is used to make candle wax)
- Butane (the gas inside a lighter)
- Paint
- Methanol (gas commonly used for rocket fuel)
- Acetic acid (a main component of vinegar)
- Hexamine (a common component of barbecue starters)
- Methane (sewer gas)
- Nicotine (an addictive substance commonly used for insecticides)
- Cadmium (a main ingredient in batteries)
- Arsenic (poison)
- Toluene (Industrial solvent)
- Ammonia (toxic component of detergents)
- Carbon monoxide (gas from car exhaust)



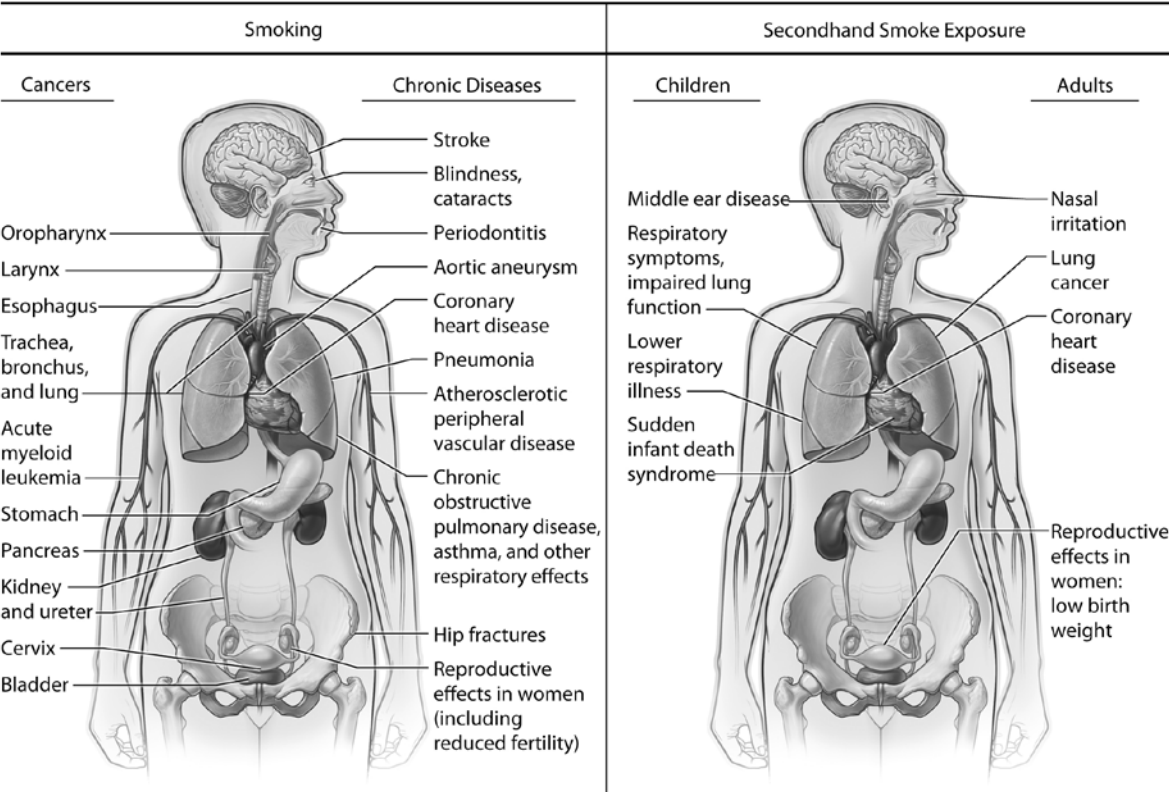
Smokeless tobacco products also contain a number of carcinogens and toxicants. To date, 31 carcinogens such as tobacco-specific nitrosamines, polycyclic aromatic hydrocarbons (PAHs), benzo[a]pyrene, urethane, formaldehyde, acetaldehyde, nickel, arsenic and chromium, have been identified in smokeless tobacco.

Tobacco use, including tobacco smoking and smokeless tobacco use, causes a wide spectrum of diseases including oral diseases. As a tobacco user, you are at an increased risk of many acute and chronic diseases, such as shortness of breath, chronic respiratory diseases, many types of cancer and heart disease. In addition, you will be more likely to have:

- Change in taste
- Dental calculus
- Tooth discoloration
- Gingival abscess
- Gingival melanin pigmentation
- Leukoplakia
- Oral cancer
- Oral malodor
- Periodontal disease
- Premature tooth loss
- Smoker’s lip
- Smoker’s palate

As an oral disease patient, tobacco use also has an impact on the outcome of your treatment:

- Failure of dental implant
- Less effective in periodontal treatment
- Prolonged wound healing following tooth extraction
- Higher risk of having new lesions or malignancies



2. HEALTH RISKS TO THE FAMILY

Smoking puts your family at risk. Second hand smoke exposure puts members of your household at an increased risk for the following diseases:

Diseases in children	Diseases in adults
<ul style="list-style-type: none">– sudden infant death syndrome;– acute respiratory illnesses;– middle ear disease;– chronic respiratory symptoms;– early childhood caries;– gingival pigmentation.	<ul style="list-style-type: none">– coronary heart disease;– nasal irritation;– lung cancer;– reproductive effects in women (low birth weight and cleft lip and palate);– periodontal disease.

3. THE COST OF TOBACCO USE TO THE TOBACCO USER AND THEIR FAMILY

The cost of tobacco use to the tobacco user.

Tobacco use takes away not just your health but wealth. It is estimated that 5-15% of a tobacco user's disposable income is spent on tobacco, which could be an enormous economic burden on you and your family. Below is a cost calculator, which can help you find out how much money you have spent on cigarettes.

The smoking cost calculator						
Number of packs you smoke a year*	X	Number of years you have smoked	X	The average cigarette pack price	=	How much you have spent on cigarettes during your lifetime
	X		X		=	

*: For day to year conversion, see below table

1 pack a day	1 ½ packs a day	2 packs a day	2 ½ packs a day	3 packs a day
365 packs a year	548 packs a year	730 packs a year	913 packs a year	1095 packs a year

Tobacco use is financially taxing on the family as well.

Tobacco use causes an acknowledgeable amount of suffering for families and individuals associating with tobacco users. This suffering manifests itself in the form of diminished quality of life, death, and financial burden. Tobacco use is not just a health problem, it is a family problem.

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