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**PULPDENT CORPORATION**

**Dentistry Against Tobacco**

## The Dentists' Role in the War Against Tobacco

What should the dental profession be doing to educate patients about the hazards of tobacco use? Are you doing your part?

Addressing the issue through patient education, consultation and handouts is a positive approach to encouraging patients to stay away from tobacco and its harmful effects.

The Swedish organization Tandvård mot Tobak (Dentistry Against Tobacco) sponsored a stand at the FDI conference in Stockholm this past September. Their handouts are suitable for any doctor's waiting room and tell a compelling story in pictures and simple language. The photos and content in this newsletter are taken from those handouts. While statistics for Sweden may differ from elsewhere, the message and the danger are universal.

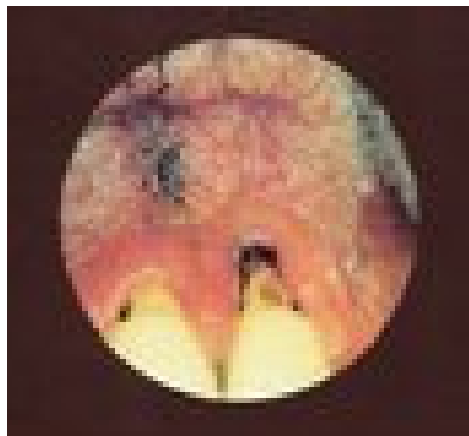
### **About Smokers:**

*Smokers spend 25-40% more on dental care than non-smokers. (Swedish statistic)*

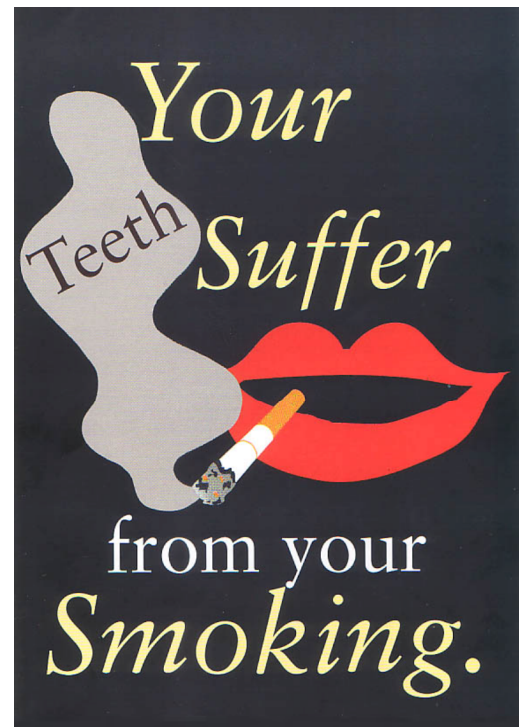
*Periodontal disease is rampant among smokers. Smoking reduces blood circulation and postpones bleeding at the gums, allowing the disease to progress unnoticed by the smoker.*

*It is difficult to treat periodontal disease in smokers, and tobacco users lose more teeth than non-users.*

*Healing associated with dental implants is compromised by tobacco use.*



This photo shows the poor oral condition of a patient who chews tobacco. Note the thickened mucosa with lesions, receding gums, staining and exposed cervical areas.



*Discolored teeth and gums, loss of taste, breath odor, lung disease, heart disease and cancer are common outcomes.*

*There is hope for smokers. The body can heal upon cessation of tobacco use. In one year the impending risk of cardiovascular disease is cut by half. In five years reduction of mortality rates from lung cancer is cut by half. In ten years mortality from lung cancer is the same as for non-smokers.*

### **About Snuff:**

*Chewing tobacco injects more nicotine into the body than smoking does. It damages tissues, causes gums to recede and causes teeth to become discolored and sensitive.*

*Snuff contains about 2,500 substances. About 20 of them cause cancer and are banned from use in other products.*

*Snuff damages the oral mucosa under the lip.*

*The fetus in the womb and the breast-feeding baby are exposed to nicotine through the blood and breast milk and may run a greater risk of addiction later in life.*

*Snuff does not help people stop smoking.*

Numerous organizations provide web links to valuable educational materials and tobacco cessation programs.  
[http://www.ada.org/public/topics/smoking\\_tobacco.asp](http://www.ada.org/public/topics/smoking_tobacco.asp)  
<http://www.cdc.gov/tobacco/>  
<http://www.californialung.org/advocacy/tobacco-control>  
[http://www.cancer.org/docroot/PED/content/PED\\_10\\_13X\\_Guide\\_for\\_Quitting\\_Smoking.asp?from=fast](http://www.cancer.org/docroot/PED/content/PED_10_13X_Guide_for_Quitting_Smoking.asp?from=fast)