

SMOKING AND DENTAL HEALTH

Oral Cancer

As a smoker you are 6 times more likely to get oral cancer. Oral cancer is a debilitating condition that often requires radical surgery and has poor survival rates. Although it is relatively uncommon, it is on the increase in the UK.

Periodontitis

As a smoker you are 4 times more likely to have periodontitis, the disease that destroys the bone and gum support from around teeth and often leads to tooth loss. If you have periodontitis it is treatable, although treatment is far less likely to be successful in smokers. The good news is that smokers who quit can respond very well to treatment. Smoking reduces the blood flow to the gums. This often masks the early warning signs of gum disease like bleeding when you brush your teeth,

Halitosis

Halitosis (bad breath) is commonly associated with smoking and although mouthwashes and regular tooth brushing can help, they only have short term effects. Quitting smoking is far more effective.

Successfully quitting smoking

If you are considering quitting smoking we would encourage you to discuss this with your medical practice as research shows that people who try to quit as part of a managed program are 4 times more likely to succeed than those who try to do it alone.

Other options for helping you quit are:

- **Hypnosis and NLP** (neuro-linguistic programming) - This has been really successful for many of our patients and even members of our team! Our personal recommendation is Danny Emery, at *Newquay Osteopaths*.
- **Nicotine replacement therapy** – Chewing gums, patches, gels, electronic cigarettes etc.

Further help and advice can be found at the Allen Carr Foundation.

www.allencarr.com