

A close-up photograph of a woman with short, wavy blonde hair and blue eyes, smiling warmly. She is wearing a light-colored, possibly gold or beige, tank top. To her right, a young child with blonde hair is also smiling, wearing a pink tank top. The background is a soft-focus beach scene with a clear blue sky and a sandy shore.

**Ready to free yourself
from tobacco?**

TALK ABOUT IT WITH A MEMBER OF OUR DENTAL TEAM.

How quitting improves oral health

Where oral health is concerned, the negative effects of smoking show up more quickly than do those of an ailment like cardiovascular disease that affects more than one organ. On the other hand, some effects disappear with the last cigarette.

AFTER ONLY

48 hours

One's sense of taste and smell and breath improve.

AFTER

1-2-3 months

The lining of the mouth is healthier.

AFTER

12 months

Gums are healthy again.

Teeth stay whiter longer after a cleaning.

AFTER

5 to 10 years

The risk of oral cancer is the same as for a non-smoker.



How quitting improves oral health

Non-smokers live longer!

For someone who quits at age...



life expectancy
improves by
10 years



life expectancy
improves by
9 years



life expectancy
improves by
6 years



life expectancy
improves by
3 years

Life expectancy

How quitting improves overall health

AFTER ONLY

20 minutes

Blood pressure and pulse return to normal.

AFTER

8 hours

The carbon monoxide level drops and the oxygen level in the blood rises.

AFTER

24 hours

The risk of a heart attack declines.

AFTER

3 months

Blood circulation and pulmonary function improve.

AFTER

9 months

There is a noticeable improvement in breathing (less coughing and sinus congestion). Energy levels and wind improve.

AFTER

1 year

The risk of dying of a heart attack is cut in half.

AFTER

5 years

The risk of mouth, throat and pharynx cancer is cut in half.

AFTER

10 to 15 years

The risk of heart disease is the same as for a non-smoker.

AFTER

15 years

The mortality rate attributable to lung cancer drops considerably.



How quitting improves overall health

Smoking and oral diseases

Smoker's gingivitis

- Gingivitis is an inflammation of the gums caused mainly by dental plaque. There are many telltale signs, including bleeding during tooth brushing, redness, swelling and sensitive gums.
- Gingivitis has various causes: poor dental hygiene, systemic disease, hormones (at puberty, during pregnancy or menopause, for instance), side-effects of medications, etc.



- Smoking can hide the signs of gingivitis and make it difficult to diagnose.
- Gingivitis caused by smoking is reversible, as soon as one stops smoking.
- Gingivitis can develop into periodontitis.



Smoking and oral diseases

Periodontitis

- Untreated gingivitis can turn into periodontitis. At that point, the bone that holds the teeth in place starts to deteriorate. Without treatment, the teeth become looser and eventually have to be removed.
- Periodontitis is a silent and generally irreversible disease, calling for complex and costly treatment.

80%

Periodontitis is the main cause of tooth loss for **80%** of people age 40 and over.

2.6 to 6 times

The risk of periodontitis is **2.6 to 6 times** higher among smokers than non-smokers.



Smoking and oral diseases

Ulceronecrotic gingivitis

- Ulceronecrotic gingivitis is an ulceration of the tissues between the teeth that causes spontaneous bleeding, pain and bad breath.

98%

of people with this form of gingivitis are smokers.



Ulceronecrotic
gingivitis

Smoking and oral diseases

Smoker's melanosis

- Smoker's melanosis appears in the form of bluish stains on the gums, the lining of the mouth, lips or palate.
- Melanosis affects 1 in 4 smokers.
- It is a benign, asymptomatic lesion that generally disappears within 6 to 36 months after quitting smoking.



Smoker's melanosis

Smoking and oral diseases

Nicotine stomatitis

- Nicotine stomatitis is an inflammation of the salivary glands, in the form of numerous red spots. It often appears on the palate of heavy smokers.
- It disappears within a few weeks after quitting smoking.



Smoking and oral diseases

Leukoplakia

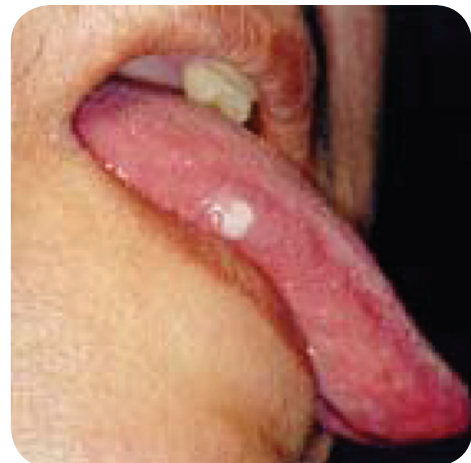
- Leukoplakia is a thick, solid, whitish patch that cannot be rubbed off. It appears mainly on the lower lip, tongue or gums or inside the cheek.
- The patch may shrink and even disappear completely after quitting smoking for good.

6 times

It is **6 times** more frequent among smokers than non-smokers.

85%

Leukoplakia accounts for approximately **85%** of all precancerous oral lesions.



Leukoplakia

Smoking and oral diseases

Oral cancer

- Smoking is the greatest risk factor for oral cancer.

20 times

Smokers are up to **20 times** more at risk for this type of cancer than non-smokers.

NEARLY

1 death a day

Every year, more than 700 people in Quebec learn that they have oral cancer. Close to 300 of them die of it – **nearly one person a day.**



Smoking and dental treatment

Smoking:

- reduces the chances of success of periodontal treatment;
- reduces the chances of success of implant therapy treatment;
- impairs the healing of wounds from surgery and tooth extractions.



Smoking and other oral problems

Smoking also causes:

- stained teeth, fillings and dental prostheses
- tartar and plaque build-up on teeth
- irreversible loosening of teeth
- oral infections
- bad breath
- poorer sense of taste and smell



Other oral problems

Smokeless tobacco products

- There are several forms of smokeless tobacco:
 - chewing tobacco, placed between the cheek and the gum;
 - snuff, inhaled through the nose;
 - snus or wet snuff, in the form of a moist powder or in a package something like a teabag, placed between the gum and the upper lip.
- Smokeless tobacco products contain nicotine and can also be addictive.



Smokeless tobacco products

- Smokeless tobacco products are not safe substitutes for smoking, since they also contain carcinogenic substances.
- About 1 in every 2 users develops precancerous white patches (leukoplakia) where the tobacco is placed in the mouth, after 3 years. These patches shrink or disappear, however, once one stops using these products.
- Gums may swell, bleed or shrink, causing recessed gums.
- These products stain the teeth, cause bad breath and impair the sense of taste and smell. The sugar often used in these products can also cause cavities.



Long-term health effects of smoking

- Smoking contributes to over **10,000 deaths** in Quebec every year, or about **25 deaths a day**.
- **1 in 2 smokers** dies of a smoking-related disease.
- Smokers cut an average of 10 years off their life expectancy.
- Smoking is associated with:
 - 85% of lung cancers
 - 85% of chronic obstructive pulmonary diseases like emphysema and chronic bronchitis
 - 30% of all cancers
 - 25-30% of cardiovascular diseases.

Impact of smoking on the environment

- 1 in 3 cigarettes ends up as litter. Less than one hour after coming into contact with water, the chemicals in the cigarette butt, including cadmium, lead and arsenic, leach out into the environment.

3 years

A cigarette butt takes 1 to 3 years to break down completely.

1.2 million

Tobacco production leads to the destruction of forests – about 1.2 million hectares a year, according to the World Health Organization.

6 km

A modern cigarette-making machine can use up to 6 kilometres of paper an hour.

1 hectare

It takes one hectare of forest to dry one hectare of tobacco – the equivalent of 2.5 soccer fields or about 15 tennis courts.



Main reasons for quitting

Preserve
one's health

Prevent oral
diseases

Free oneself
from an
addiction

Protect other
people's health

Save money
(\$2,000 to \$3,000 a
year, for someone who
smokes 1 pack a day)

Serve as a
model for
young people

No need to go
outdoors to
smoke in bad
weather



Improve one's
performance
in sports and
recreational
activities



Reasons for quitting

Quitting situations and strategies

Situations

Strategies

Triggers

- Cut back on or temporarily give up alcohol or coffee.
 - Change smoking-related habits and routines.
 - Stay away from cigarettes.
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Cravings

- Remember that cravings last only two or three minutes and will become less frequent with time.
 - Do something that requires concentration and that is not usually associated with smoking.
 - Take deep breaths, distract oneself somehow, go for a walk.
 - Have a glass of water or eat some raw vegetables.
 - Consider drug therapy.
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Stress

- Avoid or change sources of stress.
 - Try to change reactions to stress.
 - Use relaxation techniques, do deep breathing, listen to music.
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Social situations

- Tell smoking friends about trying to quit and ask them not to offer cigarettes.
- Ask for support from non-smoking family members, friends and co-workers.



Symptoms related to quitting

About 80% of people who are trying to quit smoking experience symptoms that are due mainly to weaning themselves from their nicotine addiction. They generally appear on the first day without tobacco, and usually last a month. The frequency and intensity of these symptoms vary from one person to another. The severity of the symptoms can be reduced with drug therapy.

Symptoms

Suggestions

Anxiety, agitation, irritability, frustration, anger

- Get some physical exercise.
- Avoid caffeine (coffee, tea, cola, chocolate, etc.) for a while.
- Use relaxation techniques, do deep breathing.

Difficulty concentrating

- Try to avoid stressful situations at first.
- Take more frequent breaks.
- Set less demanding work objectives for the first few weeks.



Symptoms related to quitting

Symptoms

Suggestions

Insomnia

- Avoid caffeine (coffee, tea, cola, chocolate, etc.) in the late afternoon and evening.
- Go to bed at a regular time.
- Take a hot bath before bedtime.
- Listen to soothing music.
- Use relaxation techniques.

Increased appetite, weight gain

- Drink lots of water.
- Eat fruit and vegetables or low-calorie foods.
- Get plenty of exercise.
- Don't try to stick to a strict diet, as it could interfere with efforts to quit.

Dry mouth, bad taste in the mouth

- Drink water frequently.
- Suck on ice cubes.
- Chew sugar-free gum.
- Pay particular attention to dental hygiene.

Addiction

People become addicted to smoking because of nicotine. When they inhale, it reaches their brain in just a few seconds. It releases chemicals including dopamine and gives them the same feeling as when they meet a vital need. Since the amount of nicotine in their body decreases by half after about two hours, the nicotine level in their blood drops rapidly, producing an unpleasant sensation that makes them reach for another cigarette.

90,000
times a year

Someone who smokes a pack of cigarettes a day repeats the motion of bringing a cigarette to their mouth some **90,000** times a year.

Addiction



Nicotine replacement products

Taking drugs that contain nicotine doubles the chances of successfully quitting. In Quebec, these products are available over the counter in the form of patches, gum, inhalers and lozenges. The cost of nicotine patches and gum **is reimbursed** by the provincial public drug insurance plan and private insurance plans.

Contraindications and warnings

- Recent heart attack
- Unstable or severe angina
- Severe cardiac arrhythmia
- Recent stroke
- Pregnancy or nursing
- Under 18 years old
- Generalized skin disease or allergy to adhesive bandages (nicotine patch contraindicated)
- Severe oral disease (gum contraindicated)
- Hypersensitivity or allergy to menthol (inhaler contraindicated)
- Asthma or chronic obstructive pulmonary disease (be careful when using inhaler)

Nicotine replacement products

Nicotine patch

- Nicotine patches release nicotine into the bloodstream through the skin.
- They come in three strengths: 21 mg, 14 mg and 7 mg.
- **Someone who smokes 10 or more cigarettes a day** should start with the 21 mg patch.
- The recommended length of treatment is about 8 to 12 weeks.
- To avoid irritating the skin, it is recommended that the patch be applied to a different spot each day.



Nicotine replacement products

Nicotine gum

- Gum releases nicotine that is absorbed by the lining of the mouth. It comes in two strengths: 4 mg and 2 mg.
- Someone who lights the **first cigarette of the day within 30 minutes of waking up** should use the 4 mg strength. In Quebec, about 6 in 10 smokers light up within the first half hour every morning.
- Maximum of **20 pieces** a day.
- The recommended length of treatment is 8 to 12 weeks.
- Instructions for use – important in order to avoid undesirable effects like jaw pain, irritated mouth and throat, hiccups, nausea, etc.
 - Chew the gum a few times to release the nicotine. This should produce a slight tingling in the mouth. Then place the gum in the cheek for about a minute.
 - Chew the gum again two or three times, then place it in the other cheek.
 - Repeat this process for about 30 minutes.

Nicotine replacement products

Nicotine inhaler

- An inhaler releases nicotine in vapour form. It is absorbed by the lining of the mouth and not by the lungs.
- It has a mouthpiece in which to insert a 10-mg nicotine cartridge.
- A cartridge contains 20 minutes of nicotine. For the best results, puff on the inhaler frequently for 20 minutes.
- Once it has been opened, a cartridge lasts 24 hours.
- The recommended length of treatment is about 3 to 6 months.
- The most frequent undesirable effects are coughing, irritation of the mouth, throat and pharynx and indigestion. These effects wear off as the treatment progresses.

Nicotine replacement products

Nicotine lozenges

- Nicotine lozenges release nicotine which is absorbed by the lining of the mouth.
- They come in **different strengths**:
 - 2 mg and 1 mg
 - 4 mg and 2 mg
- The recommended length of treatment is 12 weeks.
- Instructions: Important so as to avoid side effects including dizziness, headaches, nausea, etc.
 - Suck the lozenge until the taste becomes strong;
 - Keep the lozenge in the cheek;
 - Start sucking the lozenge again when the taste becomes weaker;
 - Repeat until the lozenge has dissolved completely, after about 30 minutes.

Bupropion (Zyban®)

Bupropion contains no nicotine, but **doubles the success rate** for people quitting smoking. Bupropion is a **prescription drug** and **is reimbursed** under the provincial public drug insurance plan and private insurance plans.

- It comes in one strength: 150 mg. It is best to take it **twice a day, 8 hours apart.**
- Quit smoking during the second week of treatment.
- The recommended length of treatment is 7 to 12 weeks.
- The most frequent side effects are insomnia and a dry mouth.
- There is a risk of convulsions (a risk of about 1/1000, when doses do not exceed 300 mg per day). Contraindications and warnings are related mainly to this risk and must be assessed by a physician.

Varenicline (Champix®)

Varenicline is a drug containing no nicotine, sold in Canada since 2007. It **doubles the success rate** for people quitting smoking. Varenicline is a **prescription drug** and **is reimbursed** under the provincial public drug insurance plan and private insurance plans.

- Varenicline comes in two strengths: 0.5 mg and 1 mg.
- The recommended treatment is one 0.5 mg dose a day for the first three days; two 0.5 mg doses per day for the fourth to seventh days; and one 1 mg dose twice a day for the remaining duration of the treatment.
- Quit smoking 1 to 2 weeks after starting the treatment.
- The recommended length of treatment is 12 weeks.
- The most frequent side effects are nausea, insomnia, strange dreams, headaches, constipation and flatulence.

Reimbursement of pharmaceutical aids

Nicotine patches, nicotine gum, Bupropion and Varenicline

- These pharmaceutical aids are reimbursable under the provincial public drug insurance plan and private insurance plans, for a period of 12 consecutive weeks, once a year.
- A prescription is needed for reimbursement.
- In some regions, a health professional at a smoking cessation centre can issue a prescription for nicotine patches or nicotine gum.



Resources for quitting smoking

Smoking cessation centres

- There is a network of more than 160 centres across Quebec
- Individual or group meetings with a health professional
- Information on resources available to help smokers quit
- **Free** bilingual service
- For information on the centres near the smoker's home or workplace
 - call **1 866 527-7383** or
 - visit **www.iQuitNow.qc.ca**



iQuitNow telephone line (1 866 527-7383)

- Support for people quitting smoking
- Information on the resources available
- Documentation
- **Free** bilingual service

Resources on the Web to help quit smoking

www.iQuitNow.qc.ca site

- Interactive portal with one section for teens and one for adults
- Customized approach
- Self-help forum, chat
- Information on resources available



Other Websites

- www.actimenu.ca (French only)
- www.pq.lung.ca
- www.cqts.qc.ca (French only)
- www.heartandstroke.qc.ca
- www.msss.gouv.qc.ca
- www.hc-sc.gc.ca
- www.cancer.ca