

## Would you like help and support to stop smoking?

The HSE have a support service for smokers who want to stop. This free service provides one-to-one and group support to anyone who wants to quit smoking (i.e. patients, staff or the general public). No referral is needed – contact the HSE Health Promotion Department for more details.



**Health Promotion Department**

**041 6850671**

**E-Mail: [hpadmin@hse.ie](mailto:hpadmin@hse.ie)**



**National Smokers Quitline**

**1850 201203**

***Your Doctor, Dentist and Pharmacist can help too.***

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Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



Oral Health  
Matters

## Oral Health and Smoking Sláinte Bhéil & Caitheamh Tobac



## Smoking can damage your smile?

Smoking increases your risk of oral and dental problems including

- Bad breath
- Bad taste in your mouth
- Tartar on your teeth
- Gum disease which can lead to tooth loss
- Stains on teeth, dentures and tongue
- Mouth cancer
- Delayed healing after gum infections
- Delayed healing following dental treatment or having a tooth removed



*No matter how long you have smoked, stopping can quickly decrease your risk of developing any of the above problems.*

## Oral Health Advice for Smokers

- Quit Smoking
- Brush teeth twice a day especially at night using fluoride toothpaste.
- Floss your teeth daily
- Do not add sugar/salt to foods to compensate for reduced sense of taste and smell caused by the chemicals in tobacco
- Attend your dentist for regular check ups



## Oral Cancer

Tobacco use in some form or other is the major cause of cancers to the mouth, throat and voice box. Smokers who drink alcohol have a greater chance of developing mouth cancer. Tobacco contains up to 60 cancer-causing chemicals.

