

## TOBACCO

- Besides the many general medical conditions associated with tobacco smoking, the mouth, through which the smoke first passes, has its own special problems. It is not only the more obvious consequences such as bad breath and stained teeth, but there can be changes that can lead to gum disease, dry mouth and even cancer.
- Red and white mouth conditions may lead to cancer.
- The combination of tobacco use and alcohol drinking greatly increases the chance of oral changes becoming cancerous.
- THE WISEST IS TO QUIT TOBACCO USE!
- To cope with quitting, remember that every craving to smoke lasts only a few minutes and
  - Delay - delay at least 5 minutes and the urge will pass
  - Drink water - take time out, sip slowly
  - Deeply breath - slowly and deeply
  - Do something else - keep your hands busy
- Get further advice about quitting by a free and confidential call to Quitline on 0800 002200.

*A patient has the right under common law to give or withhold consent to medical examination of treatment. This is one of the basic principles of health care. Patients are entitled to receive sufficient information in a way they can understand about the proposed treatments, the possible alternatives and any substantial risk or risks which may be special in kind or magnitude or special to the patient, so that they can make a balanced judgement. (UK Health Dept. 19.2.99. HSC 1999/031)*

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