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Smoking and Your Oral Health (1978)

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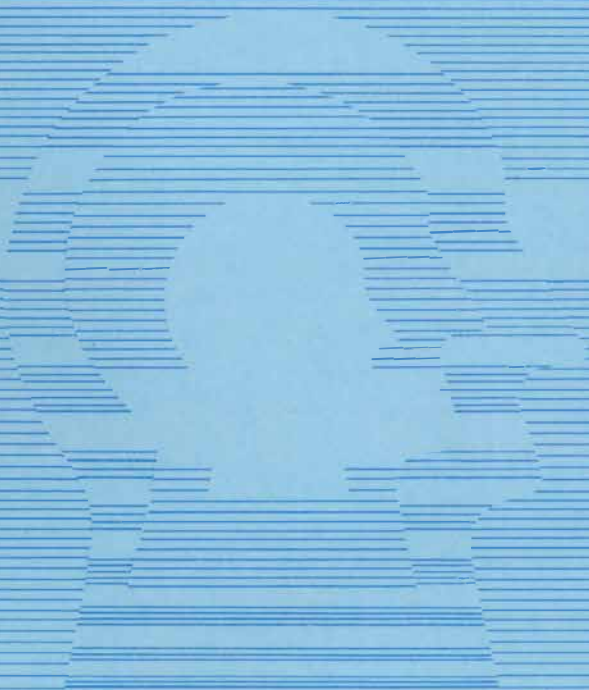
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Smoking and Your Oral Health

AMERICAN DENTAL ASSOCIATION
ARCHIVES
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Why do you smoke?

Is it for—

Stimulation

You feel smoking helps wake you up, organize your energies, and keeps you going.

Handling

You like holding and manipulating something.

Pleasurable Relaxation

You like to smoke when you are feeling well and want to feel even better.

Reduction of Negative Feelings

You use smoking to relieve moments of stress or discomfort.

Psychological Addiction, or Craving

The need for a cigarette never leaves you except when you are actually smoking.

Habit

You are hardly aware of your smoking, and the whole process has become relatively automatic.

Here's how to quit

If you smoke for—

Stimulation

Try a brisk walk or moderate exercise instead of a cigarette.

Handling

Toy with a pen or a paper clip, doodle, or get yourself a plastic cigarette to handle.

Pleasurable Relaxation

Consider the harmful effects of smoking on your mouth and entire body. Substitute activities which provide you with similar pleasure and relaxation.

Reduction of Negative Feelings

Physical exertion or social activities may serve as substitutes for you. Guard against starting again when you are under emotional stress.

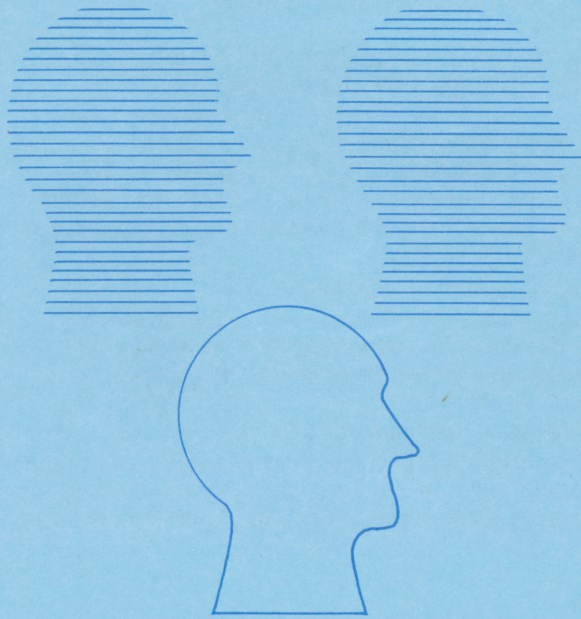
Psychological Addiction, or Craving

You might quit all at once (cold turkey) or you might try spoiling your taste for cigarettes by smoking twice your usual number for 3 or 4 days and then quit.

Habit

Pay close attention to each cigarette you smoke. Stop carrying matches, keep your cigarettes in a different pocket each day, and ask yourself each time you are about to light up: "Do I really want this cigarette?" Then begin to cut down gradually.

Two out of three dentists do not smoke



Ask your dentist why

Your dentist is concerned about smoking and oral health because smoking affects your teeth and oral tissues.

As compared to nonsmokers, smokers

have four times the risk of death from oral cancer (a disease responsible for about 7,000 deaths each year).

have more periodontal disease.

In addition, smoking

stains the teeth.
causes bad breath.
dulls the sense of taste and smell.
increases risk of many diseases.
is a costly habit.

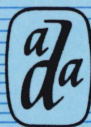
1. If you smoke—stop !!

2. If you don't smoke don't start

3. See your dentist regularly

Regular examination of the mouth will make early detection and treatment of oral cancer and other oral disease possible.

1. *What is the main purpose of the study?*
 2. *What are the research objectives?*
 3. *What is the research methodology?*
 4. *What are the findings of the study?*
 5. *What are the conclusions of the study?*
 6. *What are the limitations of the study?*
 7. *What are the implications of the study?*
 8. *What are the future research directions?*
 9. *What are the contributions of the study?*
 10. *What are the key words of the study?*



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