



# Building Better Oral Health Communities

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Better Oral Health in Home Care

Quit smoking



**Government of South Australia**  
SA Health



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## Better Oral Health in Home Care

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- Helping Hand Aged Care Inc SA
- Aboriginal Elders & Community Care Services Inc SA
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### Disclaimer

While every effort was made to ensure the information was accurate and up to date at the time of production, some information may become superseded as future research and new oral hygiene products are developed. In addition, the information in this resource is not intended as a substitute for a health professional's advice in relation to any oral health issues of concern.

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# Quit smoking

Smoking is a preventable cause of illness. Toxins in tobacco smoke enter airways and the bloodstream causing harm to almost every organ and system of the body. Many of the medical conditions caused by smoking result in years of debilitating health issues including oral health problems.



## Better oral health in home care

Encourage and support clients to:

- quit smoking
- talk to their doctor or pharmacist
- call the QUITLINE on 13 7848 or visit [www.quitnow.info.au](http://www.quitnow.info.au).

This is important because:

- smoking affects the whole body including the mouth
- quitting at any age has health benefits.

## Effects of smoking

### Stained teeth, smoker's breath and dry mouth

Smoking stains teeth, fillings and dentures.

Smoking causes bad breath and dry mouth.

### Benefits of quitting

Reduces visible stains.

Fresher breath and reduces dry mouth.

### Gum disease

Smoking restricts the blood and oxygen supply to gums.

Smokers are up to 6 times more likely to have gum disease and have more tooth loss than non-smokers.

### Benefits of quitting

Stops gum disease progressing and prevents further damage.

Reduces the risk of tooth loss.

### Loss of taste and smell

Smoking by-products coat the inside of the mouth, making it harder for taste buds to work. This can also affect the sense of smell.

### Benefits of quitting

Improves sense of taste and smell within 48 hours of last cigarette.

### Problems after dental treatment

Smoking contributes to poor wound healing after tooth extractions or oral surgery.

### Benefits of quitting

Reduces the likelihood of problems after dental treatment.

### Cancer

Smoking is a major cause of cancer of the mouth, throat, larynx, pharynx, oesophagus, tongue, lips, salivary glands and lungs.

This can lead to major surgery, problems with speech, eating, swallowing and disfigurement.

### Benefits of quitting

Reduces the risk of cancer.

### Impacts on general health

Smoking increases the risk of heart disease, stroke and high blood pressure, lowers immunity and makes other diseases such as diabetes harder to control.

Smoking causes lung damage and leads to lung disease such as emphysema, chronic bronchitis and repeated chest infections and makes asthma worse.

Smoking contributes to eye damage such as macular degeneration, which leads to loss of vision and irreversible blindness.

### Benefits of quitting

Reduces the risk of cardiovascular disease, improves the immune system and makes diabetes easier to control.

Improves asthma and smoker's cough and reduces the number and severity of chest infections.

Reduces risk of eye damage.

