



Dental Patients with Tobacco Dependence

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Learning Objectives

- Describe what constitutes tobacco products.
- Identify different oral health problems affecting people who use tobacco products.
- Discuss ways to speak to and support patients to stop using tobacco products.
- Discuss FDA-approved evidence-based strategies for cessation.
- Understand current tobacco cessation resources and the referral process to connect patients.

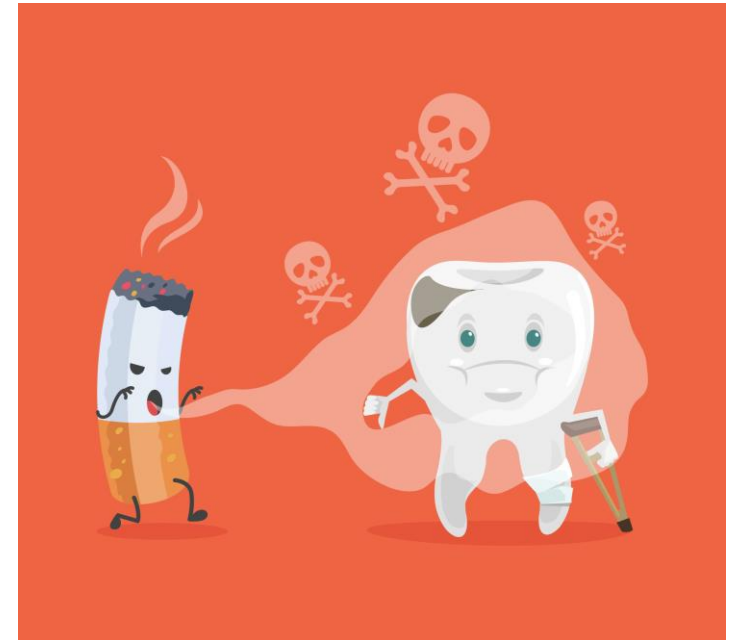
What is a tobacco/ nicotine product

- Cigarettes
- Cigars
- Hookah
- Chewing tobacco
- E-cigarettes, which often contain nicotine
- And many more!



How do tobacco products affect oral health?

- Periodontal (gum) disease
- Tooth loss
- Smoker's keratosis (whitening of the soft tissue in the mouth)
- Mouth cancer
- Poor healing after gingival surgery
- Poor healing after tooth removal (dry socket)
- Tooth decay
- Decreased taste and smell
- Halitosis (bad taste in the mouth and bad breath)



How do tobacco products affect oral health?



BAD BREATH

The chemicals in cigarette smoke can linger in the mouth and lungs for hours causing the characteristic smoker's breath.



STAINING

The nicotine and tar in tobacco can make teeth go yellow in a very short time. Some of this staining can be permanent.



GUM DISEASE

Smoking can increase the number of bacteria in the mouth that cause gum disease. In severe cases this can cause the teeth to fall out.



CANCER

Two thirds of mouth cancer cases are linked to smoking. Second-hand smoke increases the risk for those who have never smoked. Ex-smokers reduce their risk by a third.

Are your health history forms working for you?

Which tobacco products are you currently using?



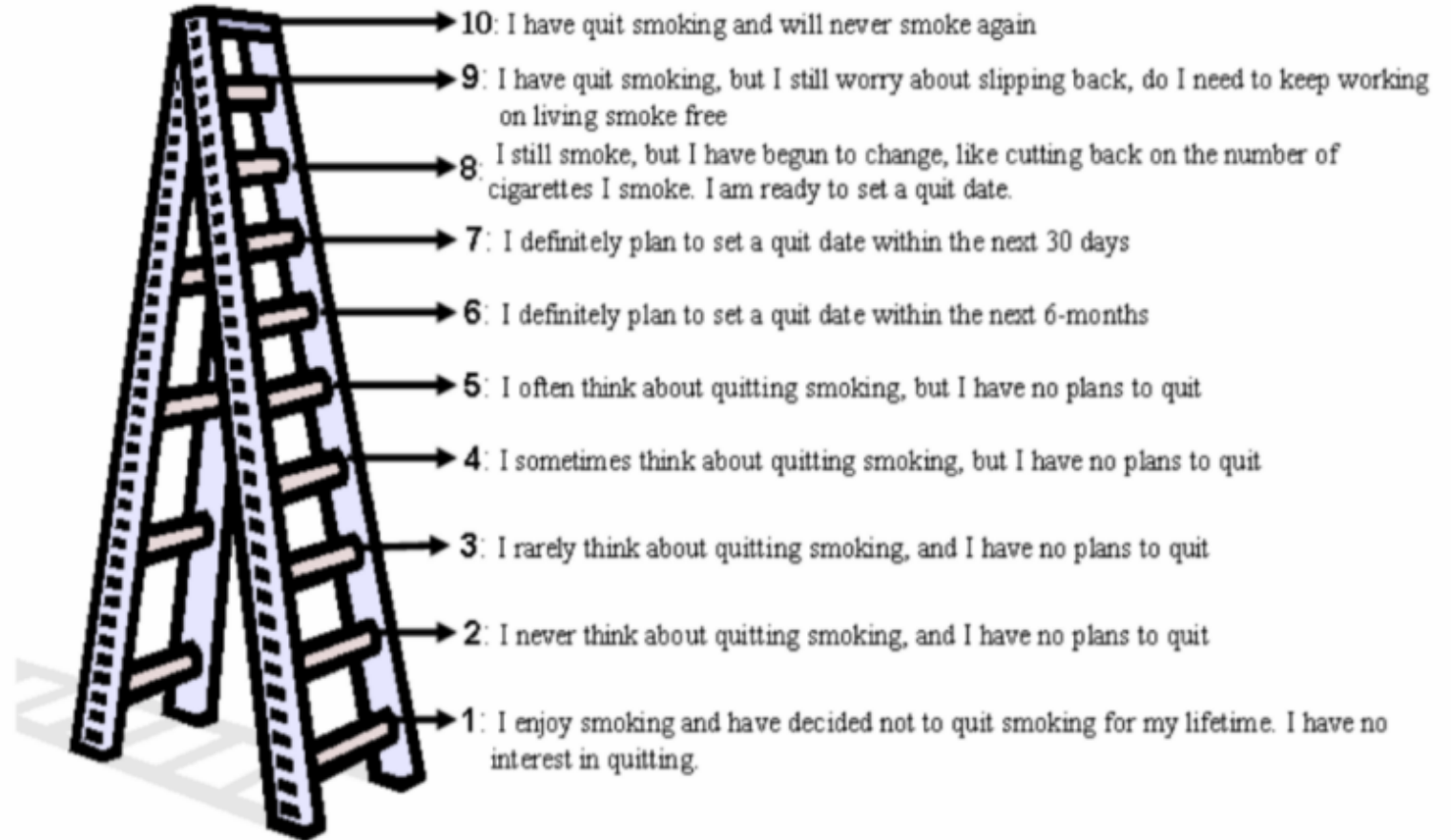
Type	Yes	No	Amount
Cigarettes	X		1 pack per day
Cigars / Cigarillos	X		1-2 per month
Chewing/smokeless tobacco		X	
Pipe		X	
E-cigarettes		X	
Other		X	

Assessing your patient's readiness to quit



Contemplation Ladder

On the ladder below, each step represents the mindset of various smokers when they think about quitting.
Circle the number that best indicates where you are now.

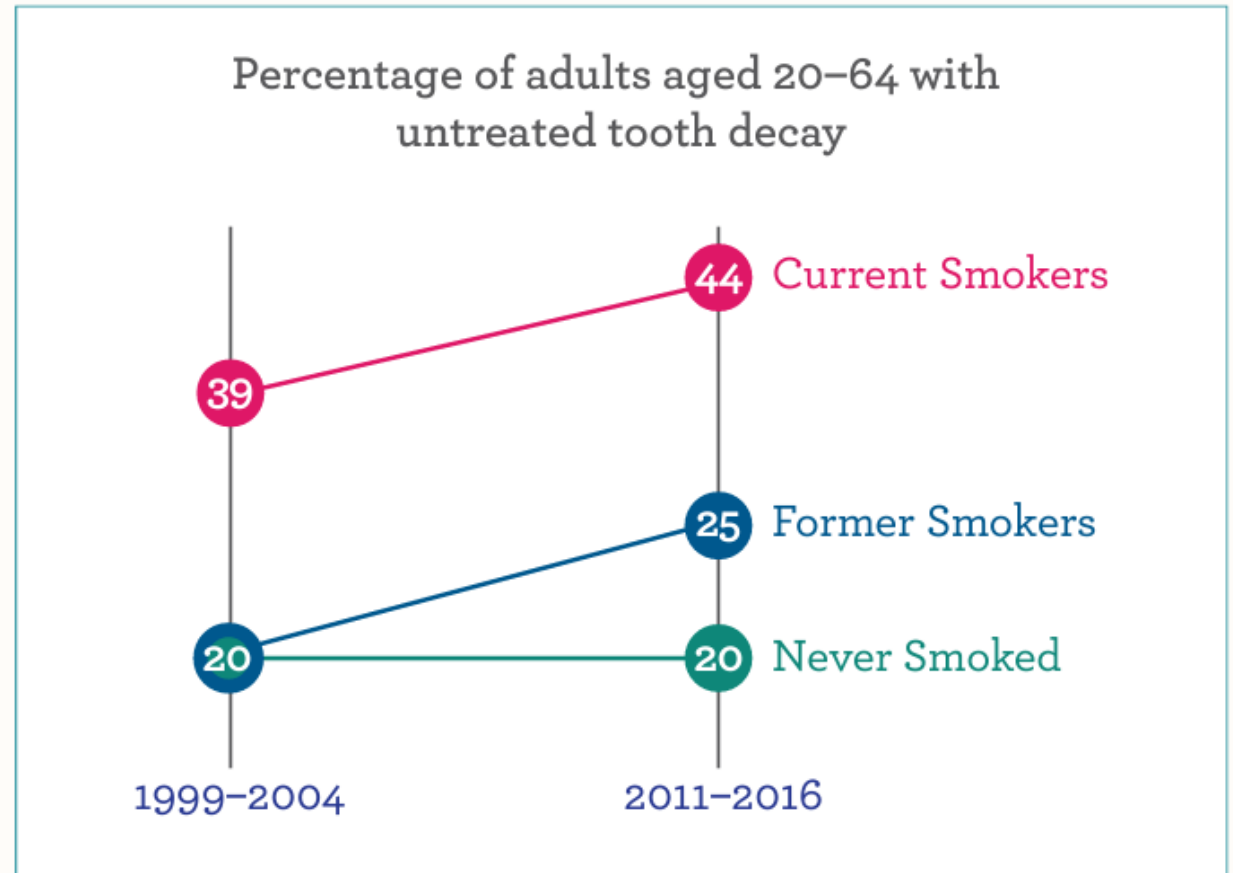


How do tobacco products affect oral health?

Untreated tooth decay is higher in people who smoke cigarettes

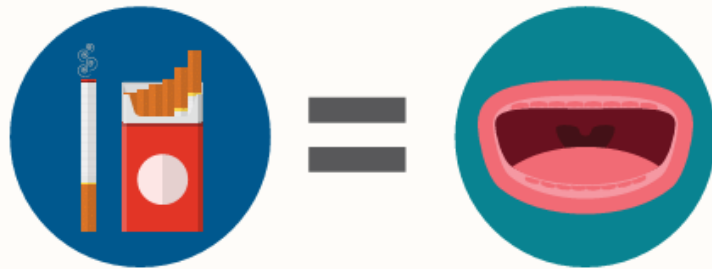


Among adults aged 20–64 years, over 40% who **currently smoke cigarettes** had untreated tooth decay.



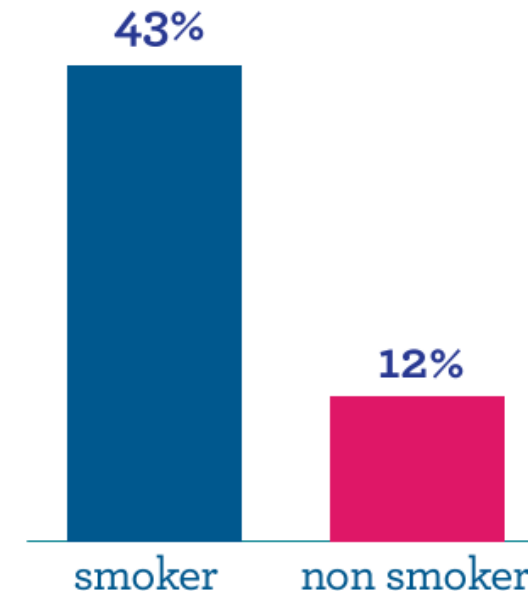
How do tobacco products affect oral health?

People who smoke are 3 times more likely to lose all of their teeth



4 in 10 older adults who currently smoke cigarettes **lost all of their teeth.**

Percentage of adults aged 65 or older who lost all of their teeth, 2011–2016



Benefits of stopping tobacco

A silhouette of a person with their arms raised, breaking chains. The chains are broken at the top, and the person's hands are reaching up. The background is a warm, orange and yellow sunset or sunrise sky.

- Regardless of age, people can benefit from stopping tobacco:
 - Increased life expectancy
 - Improved quality of life
 - Lower risk of developing or exacerbating chronic conditions
 - Healthier pregnancies
 - Children are less likely to use tobacco if their parents do not use tobacco
 - Saves money*

*1 pack/day = \$3,700/year!

The power of stigma

- No other legal product is as stigmatized as tobacco
- Stigma prevents people from getting help: "I need to do this on my own"
- Most patients need help to stop permanently
- Fight stigma:
 - Address tobacco use as a chronic condition requiring evidence-based treatment
 - Support patients for as long as they want help
 - Argue for better coverage of FDA-approved therapies



Best Practices: Patient Communication

- **Ask**
 - *"Do you use any tobacco or nicotine products?"*
 - *"Do you vape or use an e-cigarette?"*
- **Advise**
 - *"We know this is hard and we have the tools to treat tobacco use. Stopping will help you feel better and save you money. Can I tell you more?"*
 - Avoid the lecture – Patients have already heard it and won't accept help if they feel ashamed
- **Refer**
 - Maryland Quitline
 - UMMC Tobacco Health Practice
 - Truth Initiative

FDA- approved medications

Combine
*controller &
rescue* types for
best results

- **Controllers: long-acting meds to make tobacco less satisfying**
 - Varenicline (CHANTIX)
 - Bupropion (Wellbutrin)
 - Nicotine Patch
- **Rescues: short-acting meds to be used throughout the day for quick relief**
 - Nicotine lozenge
 - Nicotine gum
 - Nicotine nasal spray
 - ~~Nicotine inhaler~~ - *recently discontinued due to supply shortage*

Patients should start meds BEFORE stopping tobacco.

Continue meds for at least 3-6 months of abstinence, then wean slowly. Patients who stop meds early are more likely to relapse.

Can't patients stop cold turkey?

- Nicotine dependence can be even harder to treat than opioid dependence
- Nicotine hijacks the brain into only feeling safe when it is exposed to nicotine. It "tells" the patient common myths and promotes self-sabotage



What nicotine wants you to think	The truth
"I'm not addicted. I can stop whenever I want."	Nicotine makes the patient feel in control but never able to stop right now. "Maybe next time, I'm really stressed right now."
"If I stop smoking, my anxiety and irritability will make me miserable."	These are withdrawal symptoms that make tobacco use a chronic, relapsing disorder. Tobacco relieves the immediate symptoms but exacerbates them long-term.
"The meds are dangerous."	Nicotine wants the patient to be more afraid of the treatment than the dependence. The meds are safe and effective when used correctly.
"Vapes are safer than cigarettes, so I'll switch."	There is no safe level of exposure to a tobacco product. Switching can expose patients to additional health risks, and they may become addicted to the new product.

Why coaching is important

- Education reinforcement
- Patients may not have other support systems
- Motivational interviewing to empower patient
- Coaching helps patients with:
 - Insurance barriers
 - Managing side effects
 - Addressing triggers
 - Adhering to the treatment plan

OARS

Key Skills in Motivational Interviewing


O **OPEN QUESTIONS**
to explore concerns, promote collaboration, and understand the client's perspective.



A **AFFIRMATIONS**
to support strengths, convey respect.



R **REFLECTIVE LISTENING**
to explore deeper, convey understanding, deflect discord, elicit change talk.



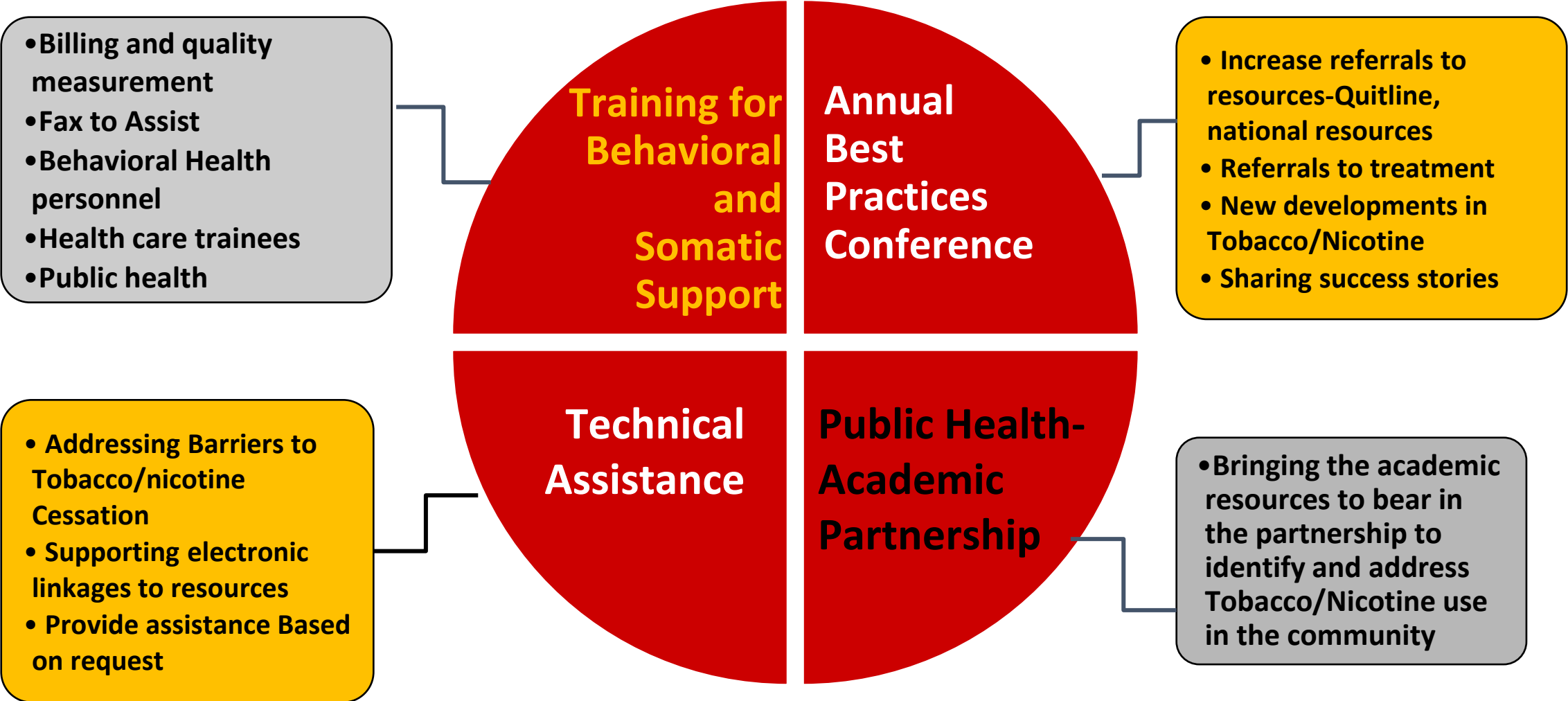
S **SUMMARIZE**
to organize discussion, clarify motivation, provide contrast, focus the session and highlight change talk.





What resources are available?

Maryland Tobacco Control Resource Center



Maryland Quitline

- 24/7 support for Maryland residents age 13+
- Offers special programs (pregnancy, youth, behavioral health, etc.)
- Up to 12 weeks of free NRT shipped to patient
- Call 1-800-QUIT-NOW (1-800-784-8669)
- Visit <https://smokingstopshere.com/resources/for-healthcare-providers/> to view different referral methods



FA

Frank Adamite
 Male, 46 y.o., 4/27/1975
 MRN: 6347
 Preferred Language: English
 Adv Dir: Not Received
 Prim Ins: None

Search

Infection: None

Mickey Quinn, MD, MPH
 PCP - General

Abdul A Adam, MD
 Ref Provider

Coverage: None

Allergies (2)

Outpatient

9:00 AM ACUTE VISIT 15
 for Sore Throat

Wt: 195 lb (88.5 kg)
 Ht: 5' 9" (1.753 m)
 BMI (Calculated): 28.8
 BP: **138/78 !**

SINCE LAST UM HEALTH CENTER -
 INTERNAL MEDICINE VISIT

No visits
 No results

Care Gaps: 8
 BPA Present

PROBLEM LIST (3)

Social Determinants: **Concern present**

NEXT APPT WITH ME
 None

Start Review

Plan

Annotations Images Questionnaires Benefits Inquiry References Scans Open Orders Care Teams Print All Media Manager Request Outside Records

Meds & Orders

Medications & Orders + Comments

+ Patient-Reported

Placing a new order?
 Use the Visit Taskbar at the bottom of your screen to add, edit, and sign orders at any point during a visit. + Add Order Dismiss

Name	
Outpatient and Clinic-Administered Medications	
atorvastatin (LIPITOR) 20 MG tablet	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
folic acid (FOLVITE) 400 MCG tablet (Expired)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
glucose blood test strip	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
hydrochlorothiazide (HYDRODIURIL) 25 MG tablet	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
lisinopril (PRINIVIL/ZESTRIL) 10 MG tablet	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
metFORMIN (GLUCOPHAGE) 500 MG tablet	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Mark All Taking Mark as Reviewed Last Reviewed by Montana Nan, RN on 2/25/2022 at 10:46 AM

R Northern Pharmacy at Overlea - Nott - Nottingham, MD - 7618 Belair Road 410-661-1655

Associate Signed Orders Patient Estimate Providers

SmartSets BestPractice

BestPractice Advisories Expand/Collapse All


Informational (1)

- Flu Vaccine Due Expand

Warning (3)

- Outstanding Depression Screening Expand
- BMI Indicates Diagnosis is needed Expand
- Maryland Quitline Collapse

FREE
 Tobacco Cessation Counseling
 And
 Nicotine replacement
 Therapy

Maryland's
 1-800  **QUIT NOW**
 SmokingStopsHere.com

Your patient is eligible for counseling sessions provided by the Maryland Quitline. If your patient enrolls, they may be eligible to receive **free Nicotine replacement therapy (NRT)**. Please use the attached SmartSet to create a referral, or click a reason why this is not appropriate at this time.

Open SmartSet Do Not Open Smoking Cessation Preview

Click to provide feedback for this alert

Acknowledge Reason

Patient Refuses Defer Decision 6mo

Accept (1)

Accept All

UMMC Tobacco Health Practice

- Director: pulmonologist Dr. Janaki Deepak
- Clinic is integrated with pulmonary clinic to provide comprehensive lung health exam
- Lung Cancer Screening
- Free sample meds
- Combination med therapies + coaching
- Most insurances accepted, no referral needed
- Appointments: call 410-328-8141 or email Sherri Webster:
SWebster@som.umaryland.edu



UMMC THP is located at the Midtown Campus: 800 Linden Ave, 9th Floor, Baltimore, MD 21201



- Research
- Prevention and education
- Community engagement
- Partnerships
- Quitting tools
 - This is Quitting
 - Text DITCHVAPE to 88709
 - EX
 - The EX Program



[How the tobacco industry markets vaping nicotine as stress relief \(truthinitiative.org\)](http://truthinitiative.org)

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Thank you!
Questions?

