



TOOTHFULLY SPEAKING!

DR. PREETY DESAI

Toothfully Speaking - How to keep your "Quit Smoking" Resolution

Smoking is THE most important common denominator in patients with gum disease and thus the number one indicator of tooth loss without specialist treatment. Quitting smoking is always one of the top New Year's resolutions. There are many tools to aid you in the final goal: medications, the nicotine patch, the inhaler, gum, lozenges, nasal spray, alternatives such as acupuncture and the e-cigarette.

But while e-cigarettes are marketed as a non-tobacco alternative to traditional smokes, they remain controversial and aren't tightly regulated everywhere. E-cigarettes are battery-operated devices designed to look like and be used in the same ways regular cigarettes are smoked. Generally, e-cigarettes contain cartridges that may be filled with nicotine, flavouring and other chemicals, and electronically vaporize a solution creating a mist breathed into the lungs. Canada has yet to approve nicotine filled e-cigarettes. While no one option is the perfect answer for all people, in a large 2011 British study ¾ of ex smokers admit to trying at least one tool but then after interview, admitted that "cold turkey" was the final answer. The other ¼ of the ex smokers found the greatest success with either medications or the patch while gum has a high success rate as well.

The common denominator for success is finding the right option for you, set realistic goals and time frames for yourself and choosing the right time in your life with the proper social supports. Then setting up a plan for success to deal with your anticipated cravings such as: keeping your hands/mind busy: such as brushing your teeth to have the "just brushed clean feeling" can get rid of cravings or drink water, walk every time a craving hits or just take 10 deep breaths to ground yourself and focus on control of mind over matter!

Smoking results in dopamine release and thus many people nurture themselves instead with food and drink to substitute, so finding alternatives that can nurture you: exercise, walking, deep breaths, your pet, hanging with friends is the key. Planning alternatives to cravings before they arise will set you up for success! Just think of all the bad breath, stained yellow teeth and fingers, greying skin and dental polishing at the hygienist you can avoid by also quitting smoking! Oh and by the way, people with teeth live longer because they have a reason to smile and eat well! Good luck!

Laser Implant Periodontal
SPECIALIST

T 778.471.6001

A 101-775 MCGILL ROAD, KAMLOOPS
W WWW.KAMLOOPSPERIODONTIST.COM