

Would you like help and support to stop smoking?

The HSE have a support service for smokers who want to stop. This free service provides one-to-one and group support to anyone who wants to quit smoking (i.e. patients, staff or the general public). No referral is needed – contact the HSE Health Promotion Department for more details.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Oral Health and Smoking Sláinte Bhéil & Caitheamh Tobac



Health Promotion Department

041 6850671

E-Mail: hpadmin@hse.ie



National Smokers Quitline

1850 201203

Your Doctor, Dentist and Pharmacist can help too.

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Smoking can damage your smile?

Smoking increases your risk of oral and dental problems including

- Bad breath
- Bad taste in your mouth
- Tartar on your teeth
- Gum disease which can lead to tooth loss
- Stains on teeth, dentures and tongue
- Mouth cancer
- Delayed healing after gum infections
- Delayed healing following dental treatment or having a tooth removed



No matter how long you have smoked, stopping can quickly decrease your risk of developing any of the above problems.

Oral Health Advice for Smokers

- Quit Smoking
- Brush teeth twice a day especially at night using fluoride toothpaste.
- Floss your teeth daily
- Do not add sugar/salt to foods to compensate for reduced sense of taste and smell caused by the chemicals in tobacco
- Attend your dentist for regular check ups



Oral Cancer

Tobacco use in some form or other is the major cause of cancers to the mouth, throat and voice box. Smokers who drink alcohol have a greater chance of developing mouth cancer. Tobacco contains up to 60 cancer-causing chemicals.

