

STOMP OUT tobacco use

National Dental Hygiene Month
October 2004

*Want Some Life-Saving Advice? Ask Your Dental Hygienist About ... **Tobacco Cessation***

The hard facts:

- Smoking is the most preventable cause of death in America
- 1 in 5 deaths is attributed to tobacco use
- Spit tobacco causes bad breath, discolored teeth, gum disease, tooth decay, high blood pressure and an increased risk for heart disease

Where do dental hygienists fit? More hard facts...

- Smokers are more likely to quit if advised to do so by a health professional
- With help from a clinician, the number of patients who quit smoking doubles
- Research reveals that smokers want to be encouraged to quit by a health professional

The American Dental Hygienists' Association (ADHA) supports dental hygienists across the country to help stomp out tobacco use October 2004 during National Dental Hygiene Month.



Dental Hygienists—On the Frontline of Defense Against Oral Disease

For more information about tobacco cessation, other oral health topics or National Dental Hygiene Month, visit www.adha.org, www.askadviserefer.org or call 800-243-ADHA, ext. 243.

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