

The Integration of Oral Health and Smoking Cessation

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Disclosure Statement

- Neither I, nor my spouse, have any actual or potential financial or nonfinancial relationships or conflicts of interest to disclose concerning the material discussed in this presentation.

Learning Objectives

- Define tobacco use in the current landscape
- Recall current data describing tobacco use in the US and LA
- Describe the impact of tobacco use on oral health
- Discuss tobacco use treatment strategies for dental practices
- Identify skills for promoting behavior change with tobacco users
- List available resources for both healthcare professionals and tobacco users

What does “tobacco use” mean today?



Cigarettes



Cigars



Dissolvables



Hookah Tobacco



Nicotine Gels



Pipe Tobacco



Roll-Your-Own Tobacco



Smokeless Tobacco Products,
including Dip, Snuff, Snus, and
Chewing Tobacco



E-Cigarettes, Vapes, and other
Electronic Nicotine Delivery
Systems (ENDS).

Tobacco Use Gravely Impacts Oral Health



Tips from Former Smokers: Brett P's Story

Impact of Tobacco Use on Oral Health



Source: Sham, A., Cheung, L.K., Jin, L., & Corbet, E.F. (2003). The effects of tobacco use on oral health. Hong Kong Medical Journal, 9 4, 271-7.

Impact of Tobacco Use on Oral Health

- Compared to their counterparts
 - **Cigarette smokers** were 1.33 times more likely to report gum disease diagnosis, 1.35 more likely to report loose teeth, and 1.43 times more likely to report having had 1 or more teeth removed
 - **Cigar smokers** were 2.18 times more likely to report precancerous oral lesions
 - **Hookah smokers** were 1.78 times more likely to report gum disease diagnosis
 - **ENDS users** were 1.27 times more likely to report bleeding after brushing or flossing
 - There were no associations observed between snus and smokeless tobacco excluding snus and incidence of adverse oral health outcomes

Tobacco Use Treatment by Dental Professionals

- More than half (56.6%) of Louisiana adults reported that they visited a dentist within the past year.¹
- Identifying regular or electronic cigarette use or other tobacco product use provides dental professionals a teachable moment to motivate a quit attempt
- Dentists should consider the implications of tobacco use when diagnosing, developing treatment plans, and upon prognosis



Treatment Strategies: Multilevel Approach



System

Treatment Policies

Learning Management Systems

Tobacco Control Champion/Team

EHR Reminders

Reimbursement



Provider

Continuing Education/Training

Clinical Protocols

Tear Sheets

Team Approach

Reimbursement



Patient

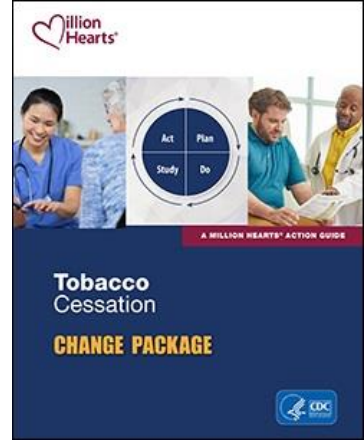
Self-help Material

Brief Counseling (≤ 3 mins)

Intensive Counseling (≥ 90)

Nicotine Replacement Therapy

Non-nicotine Replacement Therapy



Treatment Strategies: Counseling & Medication

- Counseling

- **Brief:** Clear, strong, and personalized statement
- **Intensive (Individual/Group):**
 - Tailored Assessment
 - Learning Worksheets
 - Medication Assessment
 - Personalized Quit Strategies
 - Supportive Relationships
 - Withdrawal Management
 - Referral to Additional Services
 - Long-term Follow-up

- Medication

- **NRT:** Patch, Gum, Spray, Inhaler, Lozenge
- **Non-NRT:** Chantix, Zyban



Treatment Strategies: Motivational Interviewing

“What can you do differently this time to build on your past successful quit attempt(s)?”

5

SUPPORT SELF-EFFICACY

Communicate that they can quit – people do every day!



“As I listen to your concerns with quitting, what are reasons you think you need to quit?”

4

ROLL WITH RESISTANCE

Respect their autonomy; help uncover personal motivation.



3

AVOID ARGUMENTATION

Confrontation will make them defensive, also making “change talk” difficult.



2

DEVELOP DISCREPANCY

Elicit pros/cons of behavior and uncover discrepancies with goals.



“How will your continued smoking effect your saving money for that trip you want to take?”

1

EXPRESS EMPATHY

Build rapport by expressing empathy for their experience.



“Can you tell me more about your concerns with quitting?”

Source: <https://med.stanford.edu/visit/the-clinical-encounter/treatment-options/motivationalinterviewing.html>

Resources Available to You and Your Patients

The screenshot shows the homepage of **QUITWITHUS.LA**. The website features a teal logo with the tagline "LIVE LIFE TOBACCO-FREE". A navigation menu includes "PREPARE", "ACT", and "MAINTAIN". A prominent orange button displays "1.800.QUIT.NOW", and a light blue button below it says "PROVIDER RESOURCES". The main content area has a background image of a smiling man and woman. The headline reads "WE BELIEVE IN YOU." followed by a paragraph: "When you're ready to quit tobacco, you can start now and know that you are not alone. At Quit With Us, Louisiana, we have expert quit coaches to help you, plus the resources and support you need—24 hours a day, 7 days a week." An orange button at the bottom of this section says "QUIT TODAY".

Key Take-aways

- All forms of “tobacco” use have grave implications for oral health
- Dental practices and professionals are primed to promote the prevention and cessation of tobacco use
- All dental professionals should encourage tobacco users to quit with a consistent approach
 - (**ASK**) screening and identifying patients who use tobacco products
 - (**ADVISE**) motivate tobacco users to quit in a brief but clear, strong, and personalized manner
 - (**REFER**) proactively refer tobacco users for more intensive cessation treatment options

Thanks, and if you want to learn more...

- The Louisiana Tobacco Control Initiative (TCI) provides **FREE**
 - training and technical assistance to health systems, clinics, and health professionals
 - behavioral counseling, medication assistance, and self-help material to patients

Call: 1.866.457.QUIT (7848) | **Email:** latci@lsuhsc.edu

Visit our website: www.latci.org

