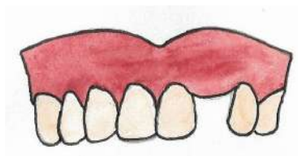
EFFECTS OF TOBACCO ON ORAL HEALTH

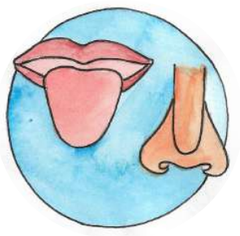
PREMATURE TOOTH LOSS

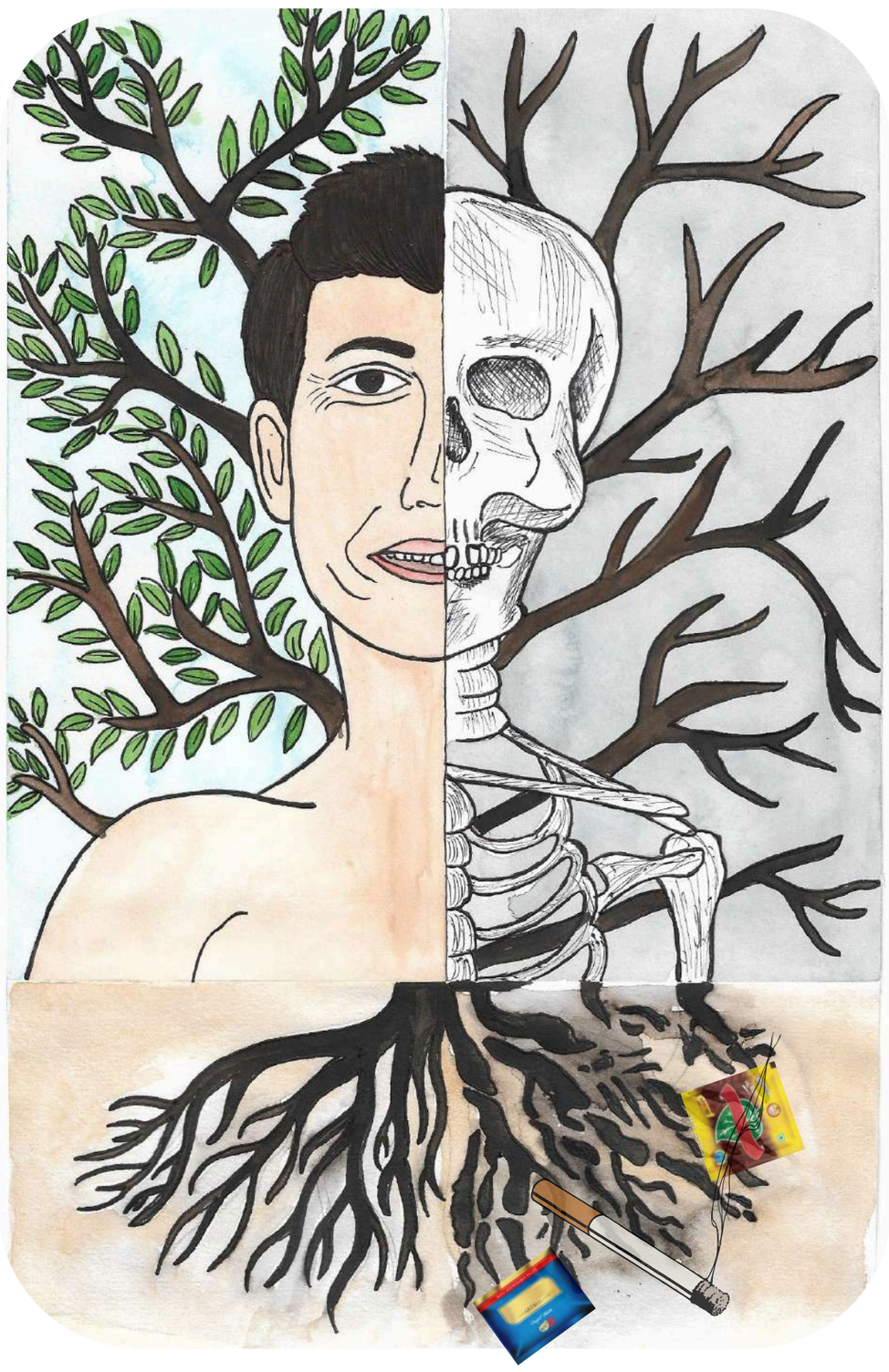


BAD BREATH

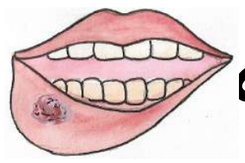


CHANGE IN TASTE

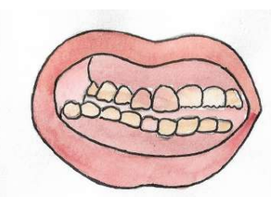




PRE-CANCEROUS LESIONS



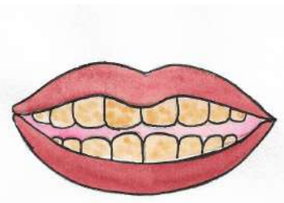
TOOTH GRINDING



TOOTH DECAY



TOOTH DISCOLORATION



ORAL CANCER



BLEEDING & SWOLLEN GUMS



NATIONAL RESOURCE CENTRE FOR ORAL HEALTH AND TOBACCO CESSATION

Under the Aegis of NOHP, MoHFW, GoI

MAULANA AZAD INSTITUTE OF DENTAL SCIENCES

NATIONAL ORAL HEALTH PROGRAMME (NOHP)

National Resource Centre Oral Health & Tobacco Cessation NOHP MoHFW, GoI
Maulana Azad Institute of Dental Sciences, GNCT of Delhi

MAIDS

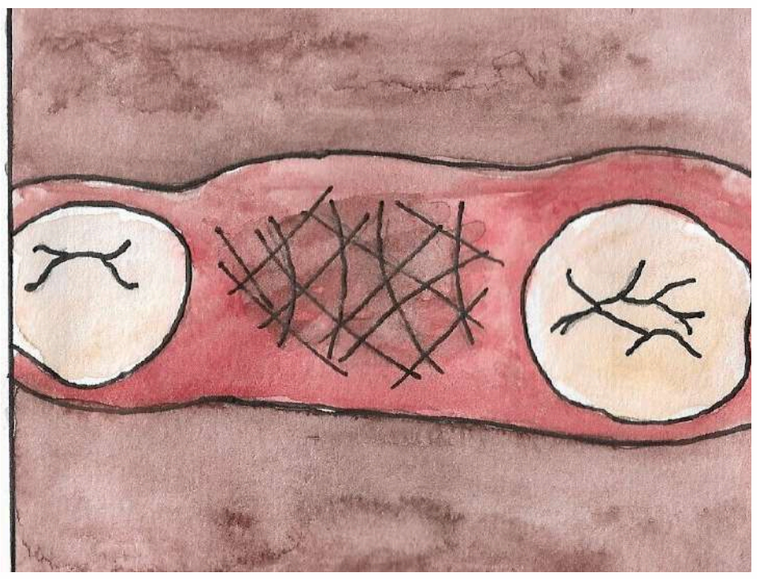
TOBACCO & DENTAL TREATMENT OUTCOMES



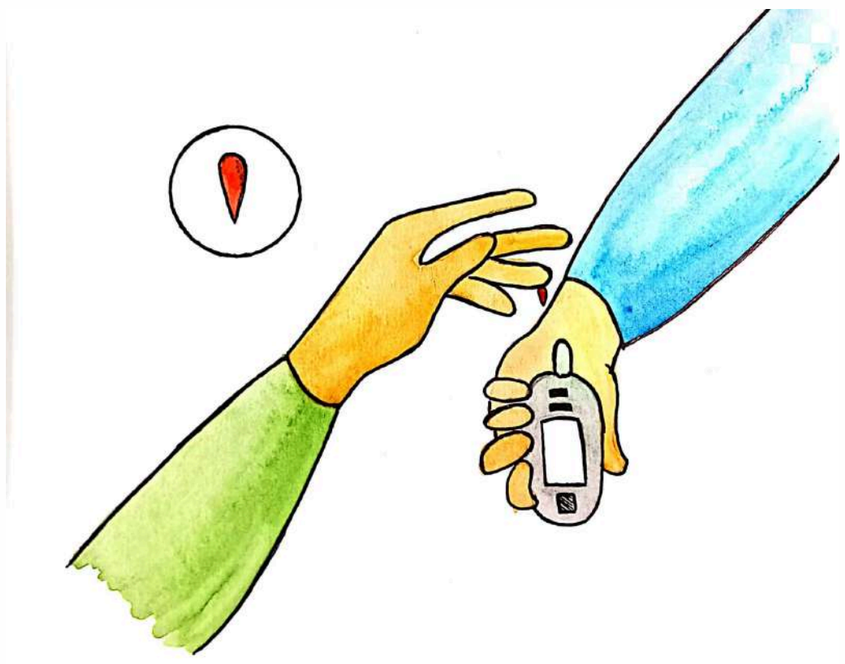
INFECTION AFTER REMOVAL OF TOOTH



DENTAL IMPLANT FAILURE



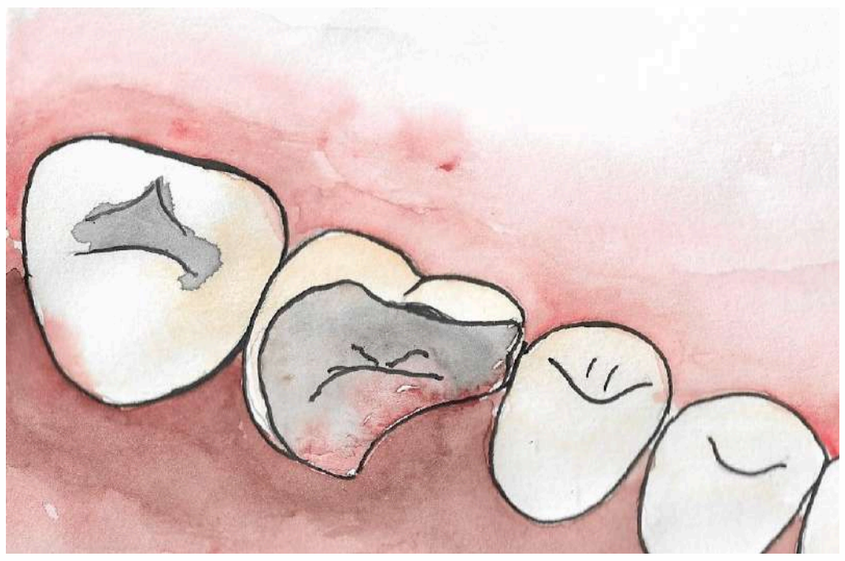
POST OPERATIVE DELAYED WOUND HEALING



PROGRESSION OF ORAL MANIFESTATION OF DIABETES



INCREASED DENTAL PAIN



STAINING AND FRACTURE OF RESTORATION

5 + 1 GOLDEN RULES FOR ORAL HEALTH & HYGIENE



Rinse your mouth with Clean water after every meal



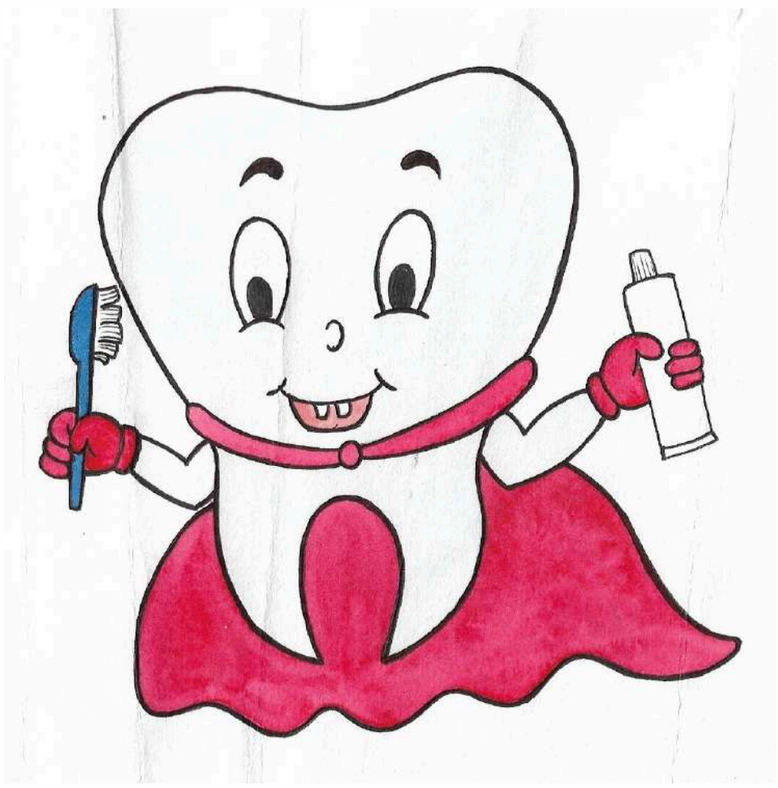
Eat a Well Balanced Diet



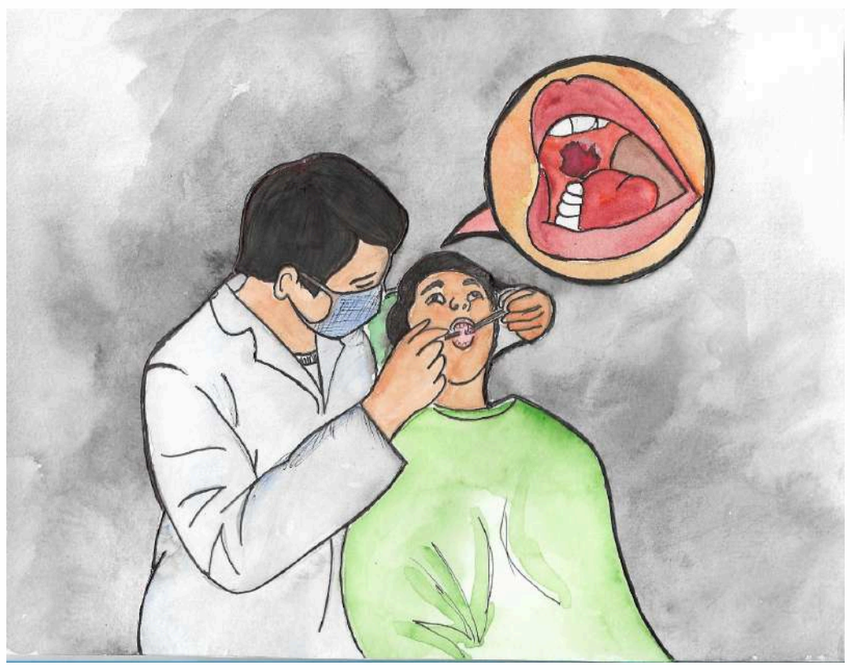
Abstain from Tobacco use



Avoid Sugary & Sticky Foods



Brush Twice A Day Using Flouridated ToothPaste



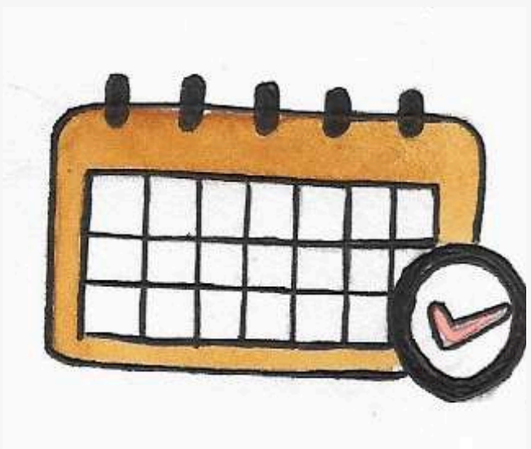
Visit Your Dentist every 6 months

FIVE KEYS FOR QUITTING TOBACCO

LET US ASSIST YOU TO QUIT TOBACCO

01. Prepare Yourself

"SET A QUIT DATE"



02. Get Support

"FROM FRIENDS & FAMILY"



03. Avoid Triggers

"BE AWARE OF STRESSORS"



04. Engage

"AND DISTRACT"



05. Consult a Healthcare Professional for Quitting

"IN CASE OF RELAPSE"



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NATIONAL ORAL HEALTH PROGRAMME (NOHP)

National Resource Centre Oral Health & Tobacco Cessation, NOHP, MoHFW, GoI
Maulana Azad Institute of Dental Sciences, GNCT of Delhi

MAIDS

STRATEGIES FOR TOBACCO FREE INDIA

With Right Support YOU Can
Quit Tobacco

WHERE TO APPROACH ?



Tobacco Cessation Centres, Deaddiction Centres, Dental & Medical Health Settings



National Tobacco Quitline Services (NTQLS)
1800-112-356
(TOLL FREE)

HOW to QUIT TOBACCO ?

Behavioral Therapy





Pharmacotherapy



Combination of Both

NATIONAL RESOURCE CENTRE FOR ORAL HEALTH AND TOBACCO CESSATION
Under the Aegis of NOHP, MoHFW, GoI
MAULANA AZAD INSTITUTE OF DENTAL SCIENCES

CONNECT WITH A TOBACCO FREE LIFE

WITH THE RIGHT SUPPORT YOU CAN

QUIT TOBACCO

WHERE TO APPROACH ?



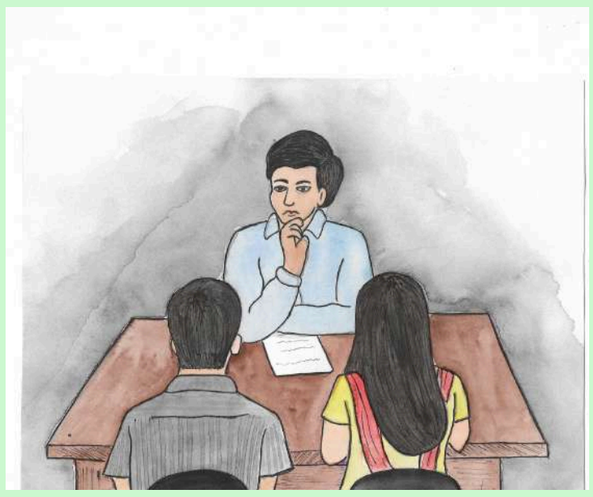
Tobacco Cessation Centres, Deaddiction Centres, Dental Health Professionals

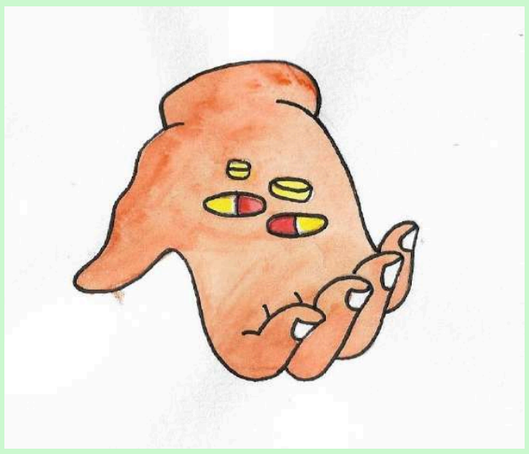


National Tobacco Quitline Number : 1800-112-356

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MAULANA AZAD INSTITUTE OF DENTAL SCIENCES

NATIONAL RESOURCE CENTRE FOR ORAL HEALTH AND TOBACCO CESSATION

Under GNCT of Delhi, MoHFW, GoI

MAULANA AZAD INSTITUTE OF DENTAL SCIENCES, NEW DELHI

TOBACCO (NICOTINE) WITHDRAWAL SYNDROME

SYMPTOMS

CRAVING



DIFFICULTY IN SLEEPING

IRRITABILITY, RESTLESSNESS & TIREDNESS

CONSTIPATION & UPSET STOMACH



LACK OF CONCENTRATION



INDIGESTION & INCREASED APPETITE



COUGHING & DRY THROAT



NOTE*

- EVERY PERSON DOESN'T UNDERGO ALL SYMPTOMS OF NICOTINE WITHDRAWAL SYNDROME
- SYMPTOMS LASTS FOR ONE WEEK TO ONE MONTH
- SEVERITY OF SYMPTOMS VARIES FROM PERSON TO PERSON

MANAGEMENT (7D's)

DELAY THE URGE TO USE TOBACCO



DISTRACT YOURSELF



DEEP BREATHING



DRINK WATER SIP BY SIP



DISCUSS WITH FRIENDS



DRUG (MEDICINES)









NOTE* UNDER MEDICAL SUPERVISION ONLY

DIET



BALANCED DIET

HOME REMEDIES



ELAICHI , SAUNF, LAUNG, MISHRI