

3 Minutes or Less Can Save Lives



Tobacco use is the leading preventable cause of illness and death in the U.S.

The advice of a health care

professional can more than double smoking cessation success rates.

Dental hygienists can refer patients to

QUITLINES, which research has proven are convenient, effective, and the cessation service preferred by smokers.

For more information on ADHA's *Ask. Advise.*

Refer. program, visit our Web site at

www.askadviserefer.org

or call 1 (800) 243-ADHA, ext. 220.

Ask.

- Ask every patient about tobacco use at every visit.
- Ask if patient is current, former, or never tobacco user.
- Ask what kind of tobacco is used and how often.

Advise.

- Advise every tobacco user to quit.
- Advise those who have tried and not yet succeeded to try again.
- Employ the teachable moment: link oral findings with advice.

Refer.

- Refer patient to QITLINES, Websites and local programs.
- Current List of state QITLINES: www.smokefree.gov
- Department of Health and Human Services **QUITLINE: 1 800 QUIT NOW (784 8669)**
- Web Based Cessation Programs: smokefree.gov or www.quitnet.com

ADHA American
Dental
Hygienists'
Association
Smoking Cessation Initiative (SCI)



SMOKING CESSATION
LEADERSHIP CENTER

Health Professions
Helping Smokers Quit