

STOPPING SMOKING

How smoking damages teeth

Smoking can stain your teeth yellow, cause bad breath, and increases your risk of gum disease, as well as causing many other serious health problems.

To book an appointment at Avondale house Dental Surgery as either an existing or new patient please give our reception team a call on **01889 582 080** or visit our website to book your appointment online. We may be able to help reverse the discolouration and staining of your teeth by carrying out stain removal and tooth whitening.

Six practical, quick and simple steps you can take straight away to quit smoking

1) Talk to your GP

Many people don't realise that their GP can help them quit smoking. Your doctor can do a lot, such as enrolling you in a 'stop smoking' clinic and prescribing nicotine replacement therapy such as patches and gum, or stop smoking medication such as Champix.

Find out more about how your GP can help you quit.

2) Join your local stop smoking service

Did you know that you're up to four times more likely to quit successfully with the help of your local stop smoking service?

Services staffed by trained stop smoking advisers are available all over the country. You can join a local group which meets once a week or have one-to-one support if you prefer. You usually go for a few weeks and work towards a quit date.

Find your nearest NHS Stop Smoking Service from the NHS Smoke free website, or call the Smoke free National Helpline to speak to a trained adviser on 0300 123 1044.

3) Find online support

The Smoke free website has been designed to give a range of evidence-based support for you.

It's all available for free and can boost your chances of success whatever method you are using.

Follow the instructions and connect with the free online support that is available.

4) Have an emergency phone number to hand

Keep an emergency number, perhaps for your local stop smoking service or the national helpline.

"We're here on 0300 123 1044 from Monday to Friday 9am to 8pm and Saturday and Sunday 11am to 4pm answering calls from people who are about to have a cigarette and want help not lighting up," says Chris, one of the helpline advisers. "We can talk about why you want to smoke and how to deal with your cravings.

5) Consider using a nicotine-containing product

Cigarettes are addictive, and self-control alone might not be enough for you to stop entirely.

Give yourself a better chance of success by using nicotine replacement therapy (NRT). This is available on prescription from your GP, from your local stop smoking service, or from a pharmacist.

You could also consider trying e-cigarettes. While they're not risk free, they are very much safer than cigarettes and can help people stop smoking.

Find your nearest NHS Stop Smoking Service from the NHS Smoke free website, or call 0300 123 1014.

6) Email an expert

Details may be found on the NHS smoke free website

If you have recently stopped smoking and wish to brighten your teeth at Avondale House Dental Surgery we are able to offer both stain removal and tooth whitening procedures as private treatment options. These procedures can help to brighten and whitening your stained and discoloured teeth. Stain removal starts from £60 and tooth whitening from £300.

To book an appointment at Avondale house Dental Surgery as either an existing or new patient please give our reception team a call on **01889 582 080** or visit our website to book your appointment online.