

Quit smoking!

Tips from a dentist on how to make it happen. *by Dr. Susan Maples*

Each of us cares deeply for someone who battles nicotine addiction. (Maybe it's you.) Nicotine is often named as THE most addictive substance on the planet. In and of itself, it is not too harmful but the severe health threats brought on by sucking down the smoke, or absorbing "chew" through the cheek lining is horrendous. Laden with herbicides and pesticides, tobacco causes cancer, emphysema, inflammation such as chronic bronchitis and the list goes on and on.

Every year for the past decade, I set a personal goal for my team to help at least 30 people quit. That is a tribute to my dad, who I lost due to smoking related illness a decade ago.

Let me offer what tips I can to help you or your loved one:

- It takes an average of seven attempts at quitting to really be successful.

- Quitting cold turkey has a miserable 5 percent one-year quit rate (OYQR)

- Nicotine Replacement Therapies (NRT), such as the patch, inhalant, electronic cigarettes and gum have an average of a 15 percent OYQR. Unfortunately, the placebo studies show that the non-nicotine version of the same delivery system doesn't lag far behind. In other words, it's easy to switch the mode of nicotine transmission from one product to another, but it doesn't lick the addiction. Over time, folks tend to revert to their favorite form of delivery rather than kicking the habit.

- Zyban/Wellbutrin has a 30 percent OYQR. An amazing discovery, this drug was originally prescribed (Wellbutrin) as an anti-depressant and a few doctors in a study club noticed the inadvertent side effect of smoking cessation. It was the first time in FDA history that a drug was relabeled (Zyban) for a different purpose--and with the same dosage and administration. Wellbutrin is typically

covered by insurance and Zyban is not. That's maddening!

- Chantix has shown a 14% OYQR (although the pharmaceutical company claims higher). It has a primary side effect of nausea, which passes in a week or so.

- Hypnosis works with variable results, depending on the therapist and the personality of the individual who is "hypnotizable" It is non-invasive therapy (i.e. substance-free) which is a bonus.

- Acupuncture works amazingly well for some therapists and is non-invasive as well. Our community has a terrific acupuncturist for tobacco cessation, in Renee Hubbs. When LCC went to a "smoke-fee" campus, she had an 85 percent quit-rate even in an employer-paid program.

Cutting the ball and chain is not as easy as mind-over-matter. Many people have done it and you or your loved one can too. My mantra is "Keep on quitting until you get there." It will happen!



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Congrats to Dr. Susan who was just inducted as a Master Level Clinician in the International Congress of Oral Implantologists.

If you have missing, broken, or failing teeth and would like to consider a permanent and affordable solution, please contact us for a complimentary consultation!

