

# TOBACCO USE, SWALLOWING, AND COMMUNICATION

## WHAT PATIENTS NEED TO KNOW

Recent data from the Centers for Disease Control (CDC) report that 17.8% of American adults (age 18 or older) smoke. This translates into an estimated 42.1 million adults in the US alone.

Cigarette smoking is the leading cause of preventable disease, responsible for 480,000 deaths a year (approximately 1/5).

Smoking increases the risk of:

- Coronary heart disease
- Stroke
- Cancer, including but not limited to:
  - Lung
  - Stomach
  - Leukemia
  - Bladder, kidney, cervix, colon
  - Kidney, liver, pancreas
  - Esophagus, trachea, larynx, throat, tongue

**TOBACCO USE HAS BEEN DIRECTLY CORRELATED TO ORAL CANCER, WHICH INCLUDES LIPS, JAW, TONGUE, CHEEK, AND THROAT.**

## QUITTING TOBACCO USE

**All treatment options for smoking and/or tobacco cessation should be discussed with your physician.** Some possible treatment recommendations from a physician may include:

- Individual or group counseling.
- Behavioral therapies
- Medications for quitting that have been found to be effective include the following:
  - Nicotine replacement products (over-the-counter, prescription)
  - Prescription non-nicotine medications

## HELPFUL RESOURCES

- **Quitline Services:** Call **1-800-QUIT-NOW** (1-800-784-8669) if you want help quitting. This is a free telephone support service that can help people who want to stop smoking or using tobacco.
- **Smokefree.gov:** <http://smokefree.gov>
- **American Cancer Society:** [www.cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/index](http://www.cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/index)
- **American Lung Association:** [www.lung.org/stop-smoking/](http://www.lung.org/stop-smoking/)
  - Call 1-800-LUNGUSA (1-800-586-4872)