

# Help with quitting

**Giving up using any tobacco product (smoking, smokeless tobacco or shisha) can significantly reduce your risk of oral cancer and improve your oral health.**

**For FREE advice and help on quitting:**

- Speak to your doctor or dentist
- Visit the Stop Smoking Service for Leicester, Leicestershire and Rutland at [www.stopsmokingleic.co.uk](http://www.stopsmokingleic.co.uk)
- Telephone on **0116 295 4141**
- Text to **07717 420 560**

# Tobacco and Oral Cancer



## TOBACCO CAUSES ORAL CANCER

### Do you use any of these?

Cigarettes • Bidi • Paan • Zarda  
Supari • Slaked Lime • Chun • Mawa  
Manikchand • Gutkha • Tulsi • Snuff  
Snus • Toombak • Naswar • Shammah





## Smoking Tobacco

Smoking tobacco products like cigarettes or bidi increases the risk of oral cancer. Oral cancer risk is 3 times higher in smokers compared with those who have never smoked.

## Smokeless Tobacco

Smokeless tobacco products consist of tobacco or a tobacco blend that is most often chewed, sucked, sniffed or inhaled.

Smokeless tobacco products also cause oral cancer and are not a safe alternative to cigarettes.

## Smoking and Alcohol

Smokers who drink alcohol are at an even higher risk of oral cancer.

Heavy drinkers who also smoke have 38 times the risk of oral cancer compared to non-smokers who do not drink.

## Shisha

Shisha pipes (including herbal Shisha) are not safer as they also contain tobacco.

Shisha smokers are also at an increased risk of oral cancer.



**No tobacco product is safe**

## Protect yourself from oral cancer

- Stop using tobacco products
- Visit the dentist regularly

## The importance of visiting the dentist

It is important to visit a dentist regularly (even if you wear dentures). Dentists can detect problems in your mouth at the early stages of oral cancer. You should have a dental check-up at least every year. Oral cancer tends not to cause any noticeable symptoms during the early stages. If oral cancer is recognised early, then the chances of a cure are good.

### You are entitled to FREE NHS dental services if you:

- Are under 18 years of age
- Are 18 years of age and in full-time education
- Are pregnant
- Had a baby in the last 12 months
- Are currently in prison or in a young offender's institution
- Hold a HC2 Certificate
- Have an NHS Tax Credit Exemption Certificate/Card

### You are also entitled to FREE NHS dental services if you OR your partner receive:

- Income support
- Income-based Jobseeker's allowance
- Income-related Employment and Support Allowance
- Pension Credit Guarantee

### To Find Your Local NHS Dentist:

Visit NHS Choices website at [www.nhs.uk/dentists](http://www.nhs.uk/dentists)

Or call your local Healthwatch on 0116 251 8313

If you do not have a dentist and require urgent dental care please call 111.

