

## Brief Messaging for Primary Dental Care Patients

Category of tobacco use status obtained from Primary Care check-in questionnaire from Patient Health Questionnaire or Patient interview.

### Tobacco Use Status:

1. I do not use tobacco (Never user)
2. I am a
  - a. Smoker (Cigarettes, Pipe, Cigar)
  - b. Smokeless (dip) tobacco user
  - c. Chewing tobacco user
  - d. Combination of above
3. I am a former tobacco user
  - a. Quit Date
  - b. Number of months / years quit

If you are a tobacco user, what is your interest in quitting?

1. I am not interested in quitting at this time
2. I am uncertain about quitting at this time
3. I desire help in quitting my tobacco use
4. I would like more information on help that may be available

### 1. Patient self-reports no tobacco use, but is in age range 10 to 25:

As a young person, you are to be **congratulated on your decision not to use tobacco**. Your decision not to smoke, dip, or chew tobacco will add money to your pockets, many years to your life, and allow you greater social freedom. Because tobacco has been directly linked to the deaths of 1,400 Americans per day, you are wisely avoiding a very severe problem. If you have any questions about your health or further information on the hazards of tobacco use, please let us know. Our office can provide you with some resources about staying tobacco free. Remember, being tobacco free is a “beautiful thing.”

### 2. Patient self-reports tobacco use and wants to quit:

**Congratulations on your decision to seek help in quitting your tobacco use**. Our office has outstanding resources standing by to assist you in quitting your tobacco use (smoking, dipping, or chewing tobacco). By stopping your tobacco use you will attain a more healthy lifestyle, have more social freedom, have more disposable income (pocket money), and improve the quality of life for yourself and your loved ones. Please be sure to also let your physician and insurance providers that you are quitting tobacco. Our staff will help get you started on your path to a tobacco-free lifestyle.

### 3. Patient self-reports tobacco use and is uncertain about quitting:

**Congratulations on at least thinking about quitting your tobacco use**. By stating that you are uncertain about quitting tobacco, you are possibly seeing yourself in a lifestyle of non-tobacco use. By quitting your tobacco use (smoking, dipping, or chewing), you will be saving money, adding years to your life, start living a healthier lifestyle, have a healthier mouth, and have more social freedom. Because tobacco has been directly linked to the deaths of 1,400 Americans per day, it would be very wise for you to quit as soon as possible. Please consider quitting in the near future and when you do, we are standing by to help. You should also consider the new medications involved with quitting because they really help make quitting tobacco much easier.

#### **4. Patient self-reports tobacco use and does not desire to quit at this time:**

You have stated that you do not desire to quit your tobacco use at this time. Please understand that we care about you and your health. As your dental professional, I also know that the first ill-health effects of tobacco appear in the mouth. When you do decide to quit, we are standing by to help you quit your tobacco habit. **Some good reasons to quit your tobacco use:**

- The new medications for quitting make it so much easier to quit
- You will have more spending money
- You'll save money on Health, Life, and Car insurance
- If you have kids, your tobacco money could be used for their college education
- You will have more physical stamina
- Your mouth will become healthier
- Your hair, clothes, uniforms, and car will smell better
- Your second hand smoke will no longer cause severe harm to your family and friends
- You will not die as 1,400 other Americans do each day due to tobacco use

When you do decide to quit, or if you have any questions about your health, medications, or need further information on the hazards of tobacco use, please let us know.

#### **5. Self-reports former tobacco use:**

Congratulations on your decision to live a tobacco-free lifestyle. The minute you quit tobacco ( smoking, dipping, or chewing), your body began the healing process to regain a better, healthier you. Each day you have been quit has added minutes to your life and money to your pockets. If in the future you have any questions or problems about staying tobacco-free, please contact our office. We are standing by to assist your tobacco-free life.