

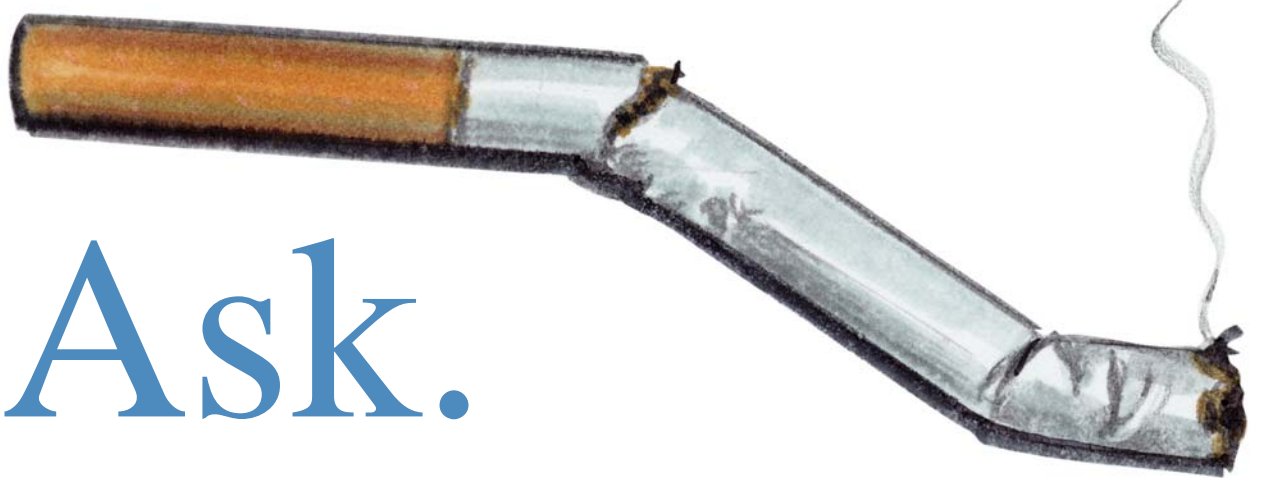
# 3 Minutes or Less Can Save Lives

Tobacco use is the leading preventable cause of illness and death in the U.S., responsible for more than 435,000 premature deaths in 2000.

**The advice of a health care professional** can more than double smoking cessation success rates. Dental hygienists can refer patients to **QUITLINES**, which research has proven are convenient, effective, and the cessation service preferred by smokers.

For more information on ADHA's *Ask. Advise. Refer.* program, visit our website at [www.askadviserefer.org](http://www.askadviserefer.org) or call 1-800-243-ADHA, ext. 220.

**ADHA** American  
Dental  
Hygienists'  
Association  
Smoking Cessation Initiative (SCI)



## Ask.

- Ask every patient/client about tobacco use at every visit.
- Ask if patient/client is current, former, or never tobacco user.
- Ask what kind of tobacco is used and how often.

## Advise.

- Advise every tobacco user to quit.
- Advise those who've tried and failed to try again.
- Employ the teachable moment: link oral findings with advice.

## Refer.

- Refer patient/client to QITLINES, Websites and local programs.
- Current List of state QITLINES: [smokefree.gov](http://smokefree.gov)
- National Cancer Institute's (NCI) QITLINE:  
1-877-44U-QUIT
- Web Based Cessation Programs:  
[smokefree.gov](http://smokefree.gov) or [www.quitnet.com](http://www.quitnet.com)



Health Professions  
Helping Smokers Quit