

# 3 Minutes or Less Can Save Lives

**Tobacco use** is the leading preventable cause of illness and death in the United States.

**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.



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: [www.smokefree.gov](http://www.smokefree.gov)
- Department of Health and Human Services  
**QUITLINE: 1-800-QUIT NOW 784-8669**
- Web Based Cessation Programs:  
[smokefree.gov](http://smokefree.gov) or [www.quitnet.com](http://www.quitnet.com)