

- Irritation - Take deep & slow breaths
- Trouble sleeping - Avoid tea, coffee.
- Poor concentration - Taking a walk, break into easy schedule.
- Tiredness - Plenty of sleepwalk, exercise.
- Constipation - Plenty of fluid, fibers

Step 9: Identifying the nearest tobacco cessation centers.¹⁹

The oral physician can utilize the following list of tobacco cessation centers for referral of patient and effective cessation.

PLACE	STATE	Tobacco cessation center
Bangalore	Karnataka	National Institute of Mental Health and Neurosciences (NIMHANS)- Main headquarters in India
Bhopal	Madhya Pradesh	Jawaharlal Nehru Cancer Hospital & Research Centre
Anand	Gujarat	Shree Krishna hospital and PSM college
Chennai	Tamil Nadu	Cancer Institute (Adyar Cancer Institute)
Panaji	Goa	Vaidya Hospital
Guwahati	Assam	Dr. Bhubaneswar Borooh Cancer Institute (Regional Institute for Treatment and Research)
Aiswal	Mizoram	Directorate of Hospital and Medical Education
Hyderabad	Telangana	MNJ institute of Oncology and Regional Cancer Center
Mumbai	Maharashtra	Tata Memorial Hospital
Thiruvananthapuram	Kerala	Regional Cancer Centre, Thiruvananthapuram
Dilshad Garden	Delhi	Institute of Human Behaviour & Allied Sciences (IHBAS)

3. Conclusion

Precancerous conditions and oral cancers are always linked to the use of tobacco. Advising patients to quit tobacco use is a dental professional responsibility and the oral physician should take an active role in deaddiction. Deaddicting a tobacco patient is often tedious and hard task. Though often we claim to provide counselling for the tobacco addicted patients it is rare that we follow a step by step procedure towards the deaddiction process. Therefore it is important to know the challenges faced by the oral physician and solutions for it.

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