



Department of Oral Medicine and Radiology
In association with Life First Foundation
“Value Added Course”

Tobacco De-Addiction Training Module

Introduction: Tobacco addiction is a chronic and relapsing disorder that affects millions of people worldwide. Quitting tobacco is challenging, but with the right approach, support, and resources, it is achievable. This Value added course provides an overview of tobacco de-addiction, its benefits and strategies for overcoming addiction.

Why Quit Tobacco?: Tobacco use is the leading cause of preventable deaths globally, accounting for over 7 million deaths each year. Quitting tobacco can significantly improve overall health.

Benefits of Quitting Tobacco: Improved breathing and lung function, Increased energy levels, Enhanced sense of taste and smell, Whiter teeth and fresher breath, Reduced risk of tobacco-related diseases, Financial savings, Improved overall quality of life

Course Objectives: This course will talk about Stages of Tobacco De-Addiction like

1. Pre-contemplation
2. Contemplation
3. Preparation
4. Action
5. Maintenance

This course will also teach about Strategies for Quitting Tobacco like;

1. Nicotine Replacement Therapy
2. Need of Medications
3. Counseling
4. Support Groups
5. Alternative Methods such as Acupuncture, hypnosis, or yoga

Course Duration: Two Days



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