Avra Dental Recognizes Great American Smokeout on Nov. 19

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Avra Dental, a general and cosmetic dental practice, is recognizing the American Cancer Society's Great American Smokeout on Thursday, Nov. 19, by sharing federal data on how tobacco use affects the teeth and mouth.

The American Cancer Society has held the Great American Smokeout on the third Thursday of November for almost 50 years, according to the organization, which says the event has helped dramatically change Americans' attitudes about smoking. The Centers for Disease Control and Prevention states that dental professionals play a critical role in helping patients quit tobacco products. The agency notes that the mouth is often the first place to show adverse health effects from tobacco and that brief advice from a clinician can make a quit attempt more likely.

?The Great American Smokeout gives the practice a set date to talk about tobacco with patients. Dental visits are a natural point for that conversation, and the team will share federal quit resources on request,? said Tariq Jabaiti, DDS, founder of Avra Dental.

CDC figures show a wide gap in tooth loss and decay between people who smoke and those who never have. Nearly 3 in 10 older adults who currently smoke, or 29%, have lost all of their teeth, compared with about 1 in 10, or 12%, of older adults who never smoked, according to the agency. Among adults ages 20 to 64 who currently smoke, 41% have at least one untreated cavity, and among older adults who smoke, 28% have untreated cavities compared with 10% of those who never smoked. The CDC compiled the figures for its guidance to dental and other health care professionals on talking with patients about tobacco use.

More than 16 million U.S. adults live with a disease caused by cigarette smoking, the CDC reports. The agency estimates that from 2012 to 2018 more than 16.4 million people who smoke attempted to quit and about 1 million quit for good, in part because of its Tips From Former Smokers campaign. The CDC lists its free quitline, 1-800-784-8669, as a resource for people who want help quitting.

According to the CDC's National Center for Health Statistics, 9.1% of adults ages 18 and older currently smoke cigarettes and 6.7% currently use electronic cigarettes, based on early release data from the 2025 National Health Interview Survey. The agency's guidance for dental professionals describes the Tips campaign as a conversation starter for discussing tobacco use with patients.

Avra Dental was founded by Jabaiti, who holds a faculty position at the Herman Ostrow School of Dentistry of USC and is a member of the American Academy of Cosmetic Dentistry, the American Dental Association and the California Dental Association, according to the practice. The practice provides preventive, restorative, cosmetic and emergency dental care and uses digital X-rays.

Associate dentist Jordan Malinoff, DDS, earned his dental degree from the same school with Dean's List honors and is a member of the American Dental Association and the California Dental Association, according to his biography. The office is open from 9 a.m. to 5 p.m. Monday through Friday, and the practice states that emergency appointments are available by phone.

?The aim on Nov. 19 is to make accurate information easy to find. Patients who use tobacco can expect a straightforward discussion of their oral health and where to find support for quitting,? Jabaiti said.

Location and hours are listed on the Google Business Profile for Avra Dental. Information on the CDC's Tips From Former Smokers campaign is published on the agency's website.

This information is provided for educational purposes only and is not a substitute for professional medical advice, diagnosis or treatment. Always consult a qualified healthcare provider for personal health decisions.

About Avra Dental

Avra Dental is a general and cosmetic dental practice founded by Tariq Jabaiti, DDS, a faculty member at the Herman Ostrow School of Dentistry of USC. Associate dentist Jordan Malinoff, DDS, also practices at the office. The practice provides preventive, restorative, cosmetic and emergency dental care. Avra Dental is located at 1708 S Victoria Ave B, Ventura, CA 93003, and can be reached at (805) 765-3206. Website: https://www.avradental.com/

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Avra Dental

Led by Dr. Tariq Jabaiti, DDS (USC faculty), Avra Dental brings honest, high-tech care to Ventura, CA. From cleanings to cosmetic and no-drill prepless veneers, we explain everything and never upsell. 800+ five-star reviews. Your trusted Ventura dentist.

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