



NOT JUST YOUR LUNGS

The Effects of Smoking on your Oral Health

Everyone knows smoking is bad for you. It's a wide-known fact that smoking can cause lung problems: lung cancer, difficulty breathing, popcorn lung, etc. But it's not just your lungs, smoking can lead to poor oral health too.

HOW DOES SMOKING AFFECT MY ORAL HEALTH?

Faster wear-down on teeth.

Tobacco and tobacco products contain very small particles that are very rough on your teeth. The little pieces of product that you are putting in your mouth coats your teeth and wears them down.

Fewer dental options.

Smoking decreases the blood flow to your mouth, making it easier for your teeth and gums to get infected. Because of this, it is much harder to fix or replace teeth. Your jaw, gums, and teeth may become so filled with bacteria that fake teeth are no longer an option.

Gum disease is harder to treat.

The use of tobacco products limits your ability to get surgeries to treat gum disease and makes it so much harder to deal with its side effects. Even if treatment is an option, recovery will be a much longer and more painful process.

Higher risk for health problems.

Smoking puts you at a much higher risk to get sick or develop infections and diseases.

WHAT IF I CHEW?

Effects of Chewing Tobacco

Just because you aren't "smoking" does not mean that the tobacco is not harming your body. Chewing tobacco can cause:

- Lip Cancer
- Tongue Cancer
- Cancer of the Pancreas



These types of products are packed full of 28 different chemicals known to cause cancer. These chemicals mix with your saliva and travel down your throat. This can also put you at risk for cancer of the:

- Voice-box
- Colon
- Bladder
- Esophagus

Since sugar is used to make the tobacco taste better, the product can cause tooth decay and gum irritation. Not only does the sugar break down your teeth, tobacco products can contain sand and dirt that does the same.



SAVE YOUR TEETH

How to Protect your Oral Health

There are so many signs to look for when it comes to mouth and gum diseases. It is important to know the signs of poor oral health. Identifying gum disease is key to maintaining your oral health.

Here are some of the signs:

- Red or swollen gums
- Bleeding gums
- Extreme bad breath
- Loose teeth
- Separation of teeth and gums
- Bad taste in mouth

In addition to knowing the signs of disease, keeping up with your oral hygiene is an important step in maintaining your oral health. Here are some important habits to practice:

- Never go to bed without brushing your teeth.
- Brush your teeth at least twice a day.
- Do not avoid your gums and tongue when brushing.
- Use a fluoride toothpaste.
- Flossing is just as important as brushing.
- Avoid tobacco & tobacco products.
- Avoid food & drinks heavy in sugar.
- See your dentist at least twice a year.

