



ORAL HEALTH KANSAS

ADVOCACY • PUBLIC AWARENESS • EDUCATION

Tips and Tricks: Tobacco and Your Oral Health



- Smoking a single cigarette is the same as breathing in over 4,000 chemicals including; formaldehyde, carbon monoxide, ammonia, and arsenic.

- Both smoking and the use of smokeless tobacco can significantly affect a person's oral health. Oral cancer and periodontal (gum) disease are among the most serious oral health problems associated with tobacco use.



- Other oral health conditions associated with tobacco use include tooth decay, bad breath and stains on the teeth.

- Tobacco products cause bad breath that cannot be fixed by brushing teeth, using mouthwash, or mints.

- Oral cancer is usually not detected until it has been present in your mouth for a while and is in the later stages. Average age for detection is 64.



- People who use tobacco also increase their risk of tooth decay and tooth loss. In addition, smokeless tobacco often contains sugar that can promote decay as well as sand and grit that can wear down the teeth.

The best way to prevent tobacco-related oral health problems is to **avoid using tobacco in the first place**. Regular **dental examinations** also are crucial in detecting oral health conditions in their early stages, when they are most treatable.

If you are ready to quit, we are ready to help! A counselor will work with you during one-on-one phone calls to create your plan to quit tobacco use and fight cravings. Call 1-800-QUIT-NOW or visit

www.quitnow.net/Kansas/

www.oralhealthkansas.org