Tips and Tricks: Tobacco and Your Oral Health

HEALTH KANSAS

ADVOCACY • PUBLIC AWARENESS • EDUCATION





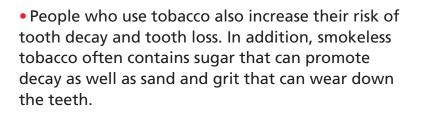
• Smoking a single cigarette is the same as breathing in over 4,000 chemicals including; formaldehyde, carbon monoxide, ammonia, and arsenic.

• 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.



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

