

dental health and **smoking**



Smoking causes bad breath! Smoking reduces the flow of saliva, which cleanses the lining of the mouth and teeth and protects your teeth from decay.

4,000


The number of chemicals in each cigarette that stain your teeth yellow and cause brown deposits to form on and along your teeth and gums.



Smokeless tobacco use leads to generalized early-onset periodontitis (gum disease) and an increased risk for oral cancer.

fast facts

- Tooth loss in smokers occurs at a rate of 2.9 teeth every 10 years for men and 1.5 teeth every 10 years for women (two times the rate of tooth loss in nonsmokers).
- If you start smoking at age 18 and smoke a pack a day, you could lose four to five teeth by the time you are 35!

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- A circular inset photograph showing a dentist in blue scrubs and white gloves examining a patient's teeth with a dental mirror.
- Smoking increases your chances of oral cancer of the mouth, pharynx, larynx and esophagus.
 - Smoking causes 75 % of all oral cancer. The type of tobacco product used will dictate where the oral cancer will be located.



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what to look for...

the palate

The top of your mouth, also known as the palate, will become red and inflamed.

plaque

You are more likely to develop calculus, plaque that hardens on your teeth and can only be removed during professional cleanings

black hairy tongue

By using tobacco, the bumps on your tongue can grow larger.

Your tongue then begins to look hairy or furry.

Your tongue may turn different colors like black, brown, yellow, white or green.

white patches

Leukoplakia is a thick white patch that forms on your tongue, gums or the inside of your cheek. These patches can turn into cancer. Smoking increases your chances of developing Leukoplakia.



what does this mean?

Tobacco may also limit blood flow to gum tissue, restricting the necessary nutrients to the bone and periodontal support of the teeth.

Increased risk and severity of gum recession and gum disease can lead to tooth and bone loss.

Smoking delays healing after any dental treatment and can lead to a condition known as dry socket after oral surgery.

Tobacco use reduces the delivery of oxygen and nutrients to all parts of the body including gingival tissue.