

WHY YOU SHOULD



ORAL EFFECTS OF SMOKING

- BAD BREATH
- STAINED TEETH
- LOSS OF TASTE
- LOSS OF SMELL
- MOUTH (CANKER) SORES
- FAILURE OF DENTAL IMPLANTS
- ORAL CANCER
- GUM RECESSION
- BONE LOSS
- PERIODONTAL DISEASE



TOBACCO USE IS ONE OF THE **LEADING CAUSES OF PREVENTABLE DEATH** AND DISEASE IN THE UNITED STATES

Use of tobacco-containing products has been associated with both immediate and **long-term adverse oral and systemic effects**



7,000+ CHEMICALS FOUND IN TOBACCO SMOKE

Smokers have **TWICE THE RISK**

for gum disease and about

THREE TIMES THE RISK

for periodontal disease compared with non-smokers



ALMOST 500,000

AMERICANS DIE PREMATURELY FROM SMOKING OR EXPOSURE TO SECONDHAND SMOKE EVERY YEAR

ANOTHER 16,000,000

Americans live with serious illnesses from smoking

Every day, about

3,800



under 18 try their first cigarette

VAPING AND E-CIGARETTES AREN'T AS HARMLESS AS THEY APPEAR

They can cause adverse reactions ranging from stomatitis to ulcerations in the mouth



ORAL CONDITIONS CAUSED BY CHEWING TOBACCO

TOOTH DISCOLORATION
ENAMEL EROSION
GUM RECESSION

PERIODONTAL DISEASE
CAVITIES & TOOTH LOSS
ORAL CANCER



\$2,011

Average amount an American spends smoking 1 pack a day, per year



Call 1-800-QUIT-NOW or visit cdc.gov/tips