

Smoking and Oral Health

BE SMART DON'T START!

Did you know ... not only is smoking bad for your overall health, it is also bad for your mouth?

A few ways that smoking can affect your oral health, include:

- Bad breath
- Tooth discoloration
- Tooth decay
- Tooth loss
- Increased buildup of plaque and tartar on the teeth
- Increased loss of bone within the jaw
- Increased risk of leukoplakia (white patches inside the mouth)
- Increased risk of developing gum disease
- Increase risk developing oral cancer

Are smokeless tobacco products safer?

No. Smokeless tobacco products contain at least 28 chemicals that increase the risk of oral cancer and cancer of the throat and esophagus. In fact, chewing tobacco contains higher levels of nicotine than cigarettes. It also contains sand and grit which can wear down your teeth.

Visit UnitedConcordia.com for more dental health tips.



Make the change

The effects of smoking make it extremely difficult to live a healthy lifestyle. So, if you don't smoke, don't start. If you're trying to quit, start by seeing a dentist to evaluate your dental health and get an oral cancer exam. Your dentist can help you decide on a plan to quit smoking, and will provide any necessary dental treatment to repair any damage that's been done. If you care about your health, take the steps to improve it—and prolong your life in the process!