

# Tobacco and Oral Health

## Tobacco is dangerous.

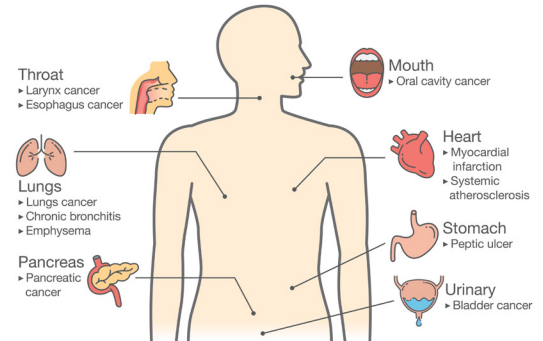
Smoking can cause cancer, stroke, and heart disease. Using tobacco or related products – whether it’s smoked, dipped, chewed, or vaped is dangerous. These products not only damage your body but also harm your mouth and throat.

## Oral Health and Tobacco.

Tobacco affects all parts of your health, including your oral health. Smoking and tobacco use can cause mouth and throat cancers which may require extensive and often painful treatment. Tobacco usage can also cause gum disease that affects the bone structure supporting your teeth. In severe cases, it can make your teeth fall out.

If you use tobacco, your tongue and teeth can become brown and stained which can only be removed by a dental professional. You may also get mouth sores in your mouth that won’t heal, bad breath that doesn’t go away and have trouble healing after dental treatments.

### Health Effects of Cigarette Smoking



## E-cigarettes and vaping.

Many people use E-cigarettes or some form of vaping because they believe it is safer than tobacco or an effective way to quit smoking. E-cigarettes and vaping devices are not safe. There is no scientific evidence that currently supports this claim of safety or that vaping is an effective way to stop smoking.

## Benefits of quitting.

Quitting smoking or stopping tobacco usage is one of the most beneficial actions a person can take to improve their health. Quitting works to repair and normalize the body and the mouth. The risk of mouth and throat cancer drop significantly. Gum disease, bone loss of the jaw and tooth loss are far less frequent. Sores in the mouth can heal appropriately and bad breath will go away.

## How to quit.



Quitting isn't easy but it is worth it! The Maryland Tobacco Quitline **1-800-QUIT-NOW (1-800-784-8669)** is a FREE phone, web, and text message service (text **READY** to **34191**) that is available to all

Maryland residents over the age of 13 to help with quitting any form of tobacco.

## Live Vape Free.

Teens, ages 13-17, can enroll in the Live Vape Free program to learn more about vaping and get help with quitting through podcasts, videos, and live coach chats. Text **VAPEFREE** to **873-373** to get started.

