

HEALTH EFFECTS OF TOBACCO AND NICOTINE

There is no such thing as a safe level of exposure to tobacco.

Tobacco use is among the **leading risk factors** for oral diseases such as oral cancer, mucosal lesions, periodontal disease, and cleft lip and palate.



CIGARETTE SMOKING

- Smoking accounts for half of periodontal disease and three-quarters of oral cancers in the United States.
- Smoking can cause tooth decay and periodontitis, a serious gum infection that can cause pain and tooth loss.



E-CIGARETTE USE (VAPING)

- Adults who both smoke cigarettes and use e-cigarettes ("dual users") have a significantly higher risk of developing oral health problems compared to those who only smoke cigarettes.
- Vaping encourages the growth of harmful bacteria in your mouth that cause gum disease.



SMOKELESS TOBACCO

- Smokeless tobacco products strongly increase the risk of oral cancer, such as cancers of the mouth and throat.
- People who use snuff or chewing tobacco are far more likely to develop sores in their mouth or oral conditions like white patches and lesions.

BENEFITS OF QUITTING AND RESOURCES

Good oral health is about so much more than just your teeth and gums. Oral health is closely linked to reduced risk of diabetes, heart and lung disease, stroke, and more.

BENEFITS OF QUITTING

- The sooner you quit, the sooner your body can begin to heal.
- As time goes by, the risks of oral cancer and gum disease continue to decline if you have stopped smoking.
- Removing nicotine and other chemicals supports healthier gums, reducing the risk of serious gum disease.
- Quitting stops the ongoing gum recession caused by placing tobacco against the gums, protecting tooth roots from decay and sensitivity.



RESOURCES TO HELP YOU QUIT

QUIT YOUR WAY



PHONE QUIT



WEB QUIT



GROUP QUIT

Tobacco Free Florida offers free tools and services that can double or triple your chances of success. All tools and services provide FREE nicotine replacement therapy (patches, gum, or lozenges) if medically appropriate and 18 years of age or older.

Additional resources may be available

TO LEARN MORE, VISIT
TobaccoFreeFlorida.com/OralHealth.

**Florida
HEALTH**

