

Effects of Tobacco on Your Mouth

ORAL CANCER.

Tobacco is the major risk factor for cancers of the mouth and throat.

GUM RECESSION.

Whether you smoke or chew it, tobacco irritates the lining of your gums, causing them to permanently pull back from your teeth.

CAVITIES



Smoking destroys cavity-fighting antibodies in your saliva.

GUM DISEASE

X2

Your risk of gum disease doubles if you're a smoker.

Smokers are more than twice as likely to lose teeth as nonsmokers.



TOOTH LOSS

It's not too late.

Turn to your dentist or doctor to get help quitting today.



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