

Tips on quitting tobacco

Ready to quit using tobacco? Here is a list of helpful tips to get you started.

- Get rid of all tobacco products and ashtrays in your home, car, and workplace.
- Ask your family, friends, and co-workers for support. Let them know you're trying to quit.
- Avoid situations where you are around other tobacco users.
- Take deep breaths when you have the urge to smoke or chew.

If you start using tobacco again, don't give up! Many people need to try several times before they quit for good.

- 1 American Dental Association, "Halitosis," <http://www.ada.org/2941.aspx>
- 2 Mayo Clinic, Leukoplakia: Causes, <http://www.mayoclinic.com/health/leukoplakia/DS00458/DSECTION=causes>
- 3 Journal of Dental Research, 2007. <http://www.ncbi.nlm.nih.gov/pubmed/17384035>
- 4 University of Maryland Medical Center, <http://www.umm.edu/oralhealth/cancer.htm>
- 5 Illinois Department of Public Health, <http://www.idph.state.il.us/cancer/factsheets/oralcancer.htm>
- 6 "Smokeless Tobacco Use," Centers for Disease Control Fact Sheet, http://www.cdc.gov/tobacco/data_statistics/fact_sheets/

There are many places to find more information about oral health and tobacco use.

Nebraska Tobacco Quit Line

www.QuitNow.ne.gov

Tobacco Free Nebraska

www.dhhs.ne.gov/tfn

American Cancer Society

www.cancer.org

Quitting Chewing Tobacco

www.MyLastDip.com

Nebraska Office of Oral Health

www.dhhs.ne.gov/HealthySmiles

Always talk with your personal doctor and dentist about health questions.



Nebraska Office of Oral Health

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Watch Your Mouth!

Oral Health and Tobacco Use



Important Facts to Consider

Healthy Smiles for a Healthy Future

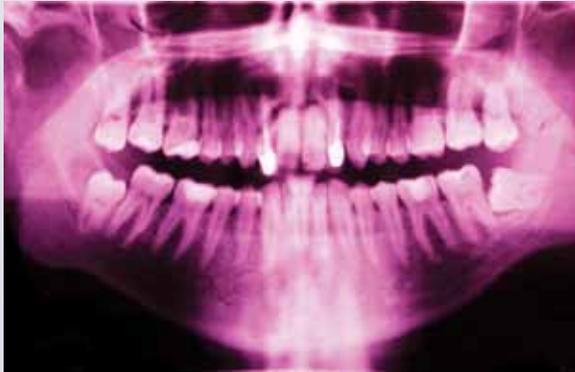
Oral Health and Tobacco Use

By now, you probably know all about the harmful effects of tobacco use. Using tobacco puts you at a higher risk of heart disease, cancer, emphysema, stroke, and many other health problems.

But tobacco use also has heavy consequences for the health of your mouth.

Tobacco use leads to tooth discoloration and bad breath, also known as halitosis¹.

Tobacco use makes you more susceptible to tooth and gum infections including leukoplakia – white or gray patches on your mouth or tongue².



Tobacco users are more likely to lose their teeth

Tobacco use can lead to gum disease that affects how your teeth and gums connect to your jawbone³.

It also increases the amount of dental plaque and tartar, and can restrict blood flow to your gums. This can keep your mouth from healing if it is injured.

This means your teeth are more likely to fall out. Tobacco users have significantly higher rates of tooth loss.

Using tobacco puts you at higher risk of Oral Cancer

Tobacco use is the main cause of cancer in the mouth and throat. Ninety percent of people with oral or throat cancer are tobacco users⁴.

Smokers are six times more likely to get oral cancer than people who don't smoke. If you think that's bad, smokeless tobacco increases your risk by 50 times⁵."

Smokeless tobacco is NOT a safer alternative

In many cases, using smokeless tobacco products like chewing tobacco, snus, or snuff can be MORE harmful than smoking.

Chewing tobacco contains higher levels of addictive nicotine than cigarettes. One dip has the same amount as 2-3 cigarettes, and one can of snuff has the same amount of nicotine as 60 cigarettes⁶.

Smokeless tobacco contains nearly 30 cancer-causing agents⁶.

Smokeless tobacco can irritate your gums leading to receding gums, tooth decay, and tooth loss.

According to the American Dental Association, people who use chewing tobacco are four times more likely to suffer tooth loss than non-users.