

# GET WISE

## About Your Oral Health

### Tobacco: Unfiltered Facts



Tobacco use in any form—cigarette, cigar, pipe and smokeless—increases the risk of oral health conditions including:

**Periodontal (gum) disease**—Tobacco use may be one of the most significant risk factors in the development and progression of gum disease.<sup>1</sup> Smoking may play a significant role in more than 50 percent of chronic periodontal disease cases.<sup>1</sup>

**Tooth decay, bad breath and stained teeth**—Despite good oral health habits, tobacco use is still more likely to cause cavities due to decreased saliva flow, increased plaque and tartar buildup, and a greater pH level in the mouth.

**Tooth loss**—Smokers are about twice as likely to lose their teeth as nonsmokers.<sup>2,3</sup> Smoking can restrict blood flow to the gum tissues, limiting nutrients necessary for the support of teeth.

**Oral cancer**—Tobacco use increases oral cancer risk, and of the more than 48,000 Americans diagnosed with oral cancer annually, only 64 percent survive the next five years.<sup>4</sup>

### Did you know?

There are 28 or more cancer-causing agents in just smokeless tobacco alone.<sup>5</sup>



# Quick bites

## More tobacco-related health risks:<sup>6</sup>

- Cancers, including: bladder, esophageal, laryngeal, lung, throat, cervical, kidney, stomach and pancreatic
- Chronic obstructive pulmonary disease (COPD) including chronic bronchitis and emphysema
- Coronary heart disease
- Stroke
- Abdominal aortic aneurysm
- Acute myeloid leukemia
- Cataracts
- Pneumonia

Discuss your concerns about tobacco use and its impact on your oral and overall health with your dentist and doctor.



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1. Dentistry IQ, "Smoking and Periodontitis," web. 2. Krall EA et al., "Smoking, Smoking Cessation, and Tooth Loss," *Journal of Dental Research* 76, no. 10 (1997): 1653-659. 3. Dietrich, T et al., "Tobacco Use and Incidence of Tooth Loss Among US Male Health Professionals," *Journal of Dental Research* 86, no. 4 (2007): 373-77. 4. National Cancer Institute, "SEER Stat Fact Sheets: Oral Cavity and Pharynx Cancer," web. 5. Mayo Clinic, "Health Risks of Chewing Tobacco and Other Forms of Smokeless Tobacco," web. 6. Centers for Disease Control and Prevention, "Health Effects of Cigarette Smoking," web.

