

SEDGWICK COUNTY HEALTH DEPARTMENT

# Tobacco & Oral Health

## How Does Tobacco Affect Oral Health?

- Tobacco use causes bad breath and discolored teeth.
- Tobacco use increases risk of developing cavities.
- Long term use of tobacco can result in oral cancer.
- Smoking impairs both the immune system and the healing mechanisms in the mouth.
- Grit in snuff eats away at the gums, exposing tooth roots, which are sensitive to hot and cold temperature and can be very painful.

Cigarette smokers are  
**4 TIMES**  
more likely to lose teeth

ABOUT 1.3 BILLION PEOPLE WORLDWIDE USE TOBACCO. MORE THAN 8 MILLION PEOPLE DIE EACH YEAR - THIS EQUALS 22,000 DEATHS FROM TOBACCO EVERY SINGLE DAY.

**1 in 4** KANSANS ARE  
TOBACCO USERS



**ONLY HALF**  
of people diagnosed  
with oral cancer  
**ARE ALIVE**  
5 YEARS AFTER DIAGNOSIS

## Signs & Symptoms of Oral Cancer

- A mouth sore that fails to heal or that bleeds easily.
- A white or red patch in the mouth that will not go away.
- A lump, thickening or soreness in the mouth, throat or tongue.
- Difficulty chewing or swallowing food.

Most early signs of oral cancer are painless and difficult to detect without a thorough examination by a dental or medical professional. Having periodic medical and dental examinations can significantly reduce the risk of life-threatening cancers.

MAY 31 IS WORLD NO TOBACCO DAY - A WORLDWIDE EFFORT TO RAISE AWARENESS OF THE INTERNATIONAL IMPACT OF TOBACCO USE & PROMOTE A TOBACCO-FREE ENVIRONMENT

## NEED HELP QUITTING?

Try the Kansas Tobacco Quitline - FREE!  
Get no-cost access to trained tobacco cessation  
counselors 24 hours/day, 365 days/year.

**1-800-QUIT-NOW**

