



## You Can Quit!

### Smoking and vaping affect your mouth, too.

#### Fact: Quitting Smoking is Hard

What makes smoking so addictive is the same thing that makes it so dangerous. Chemicals in tobacco increase the risk for many diseases. It can put you at greater risk for heart attack, stroke, cancer, asthma, and other diseases.

But you may not even think about how it affects your mouth. It can cause or contribute to:<sup>2</sup>

- Oral cancer
- Bad breath
- Fewer dental options
- Gum disease (the leading cause of tooth loss and sensitivity)
- Stained teeth and tongue
- Diminished sense of taste and smell
- Longer healing time after oral surgery or injury

#### Vaping: Not a Safe Option

Even vapes and e-cigarettes can cause harm. Due to recent deaths from vaping, several states have banned or restricted the sale of e-cigs. Vaping has been tied to nearly 1,500 lung illnesses and 33 deaths.<sup>3</sup>

At least 28 cancer-causing chemicals are found in smokeless tobacco products. You swallow the toxins in the juice when you vape. This can cause cancer of the mouth, lip, tongue, and pancreas. Vaping can increase your risk of cancer to the voice box, esophagus, colon, and bladder, too. Here are a few additional effects:<sup>4</sup>

- 1** Gum tissue irritation, leading to gum disease
- 2** More risk for tooth decay from added sugars
- 3** Tooth wear from sand and grit used as additives
- 4** Severe lung disease



#### Signs to Look For

If you smoke, pay attention to the following signs of oral cancer. See your dentist or physician if you notice any of these symptoms:<sup>5</sup>

- Mouth irritation, burning, pain, or tenderness
- A lump or a leathery, wrinkled, or bumpy patch inside the mouth
- A mouth sore that won't heal
- Difficulty chewing, swallowing, speaking, or moving the jaw or tongue
- Numbness in the mouth or on the lips
- Changes in the way your teeth fit together
- Gray, red, or white spots in the mouth

#### Do you want help quitting?

Here's another fact: You can get help quitting. Call 800-QUIT-NOW, or visit [www.smokefree.gov](http://www.smokefree.gov). Think of all the good health you'll gain and money you'll save!

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Sources:

1 <http://www.oda.on.ca/you-your-dentist/the-dental-exam/89-oral-health-your-body/oral-health-yourbody>, 2019, May 2018.

2 <https://www.mouthhealthy.org/en/az-topics/s/smoking-and-tobacco>, accessed May 2018.

3 <https://www.livescience.com/vaping-outbreak-deaths-33.html>, October 2019.

4 [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/smokeless/health\\_effects/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/health_effects/index.htm), December 2016.

5 <https://www.colgate.com/en-us/oral-health/conditions/cancer/early-signs-of-mouth-cancer-0515>, accessed May 2018.

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