

The Michigan  
Oral Health Program  
Building a Stronger,  
Healthier Michigan  
Now that's something to

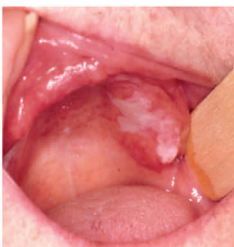


## Tobacco Use-Oral Health



The above image is the cause of tobacco use and the development of gum disease. Gums may shrink away from the teeth making them look longer. Without treatment, the teeth may become loose, painful and even fall out.

- Tobacco use is one of the most significant risk factors in the development and progression of gum disease and oral cancer.
- The chemicals in tobacco can slow down the healing process and make treatment of gum disease less successful.
- Tobacco users are more likely to have oral cancer, bad breath, stained teeth, tooth loss, bone loss, loss of taste, gum recession, mouth sores and wrinkles.



Left is an image of developing oral cancer .



Oral cancer, lung cancer, stomach cancer, cancer of the esophagus, reduced lung function, and decreased fertility are also risks for Hookah smokers caused by cigarette smoking.

### Smokeless tobacco (moist snuff, dip or chewing tobacco)

- Eats away at your gums and wears them down
  - Increases your risk of tooth decay and gum disease
  - Increases the risk of any oral cancer by four to six times
- \*\* Smokeless tobacco users are up to 50 times more likely to develop oral cancer in areas where the tobacco is placed.



## Best defenses against oral cancer

- Stop using tobacco
- Check yourself for oral cancer once a month if you use tobacco.
- Pull lips, cheeks and tongue out and look for lumps or bumps that don't belong.
- Get an oral cancer examination at your routine dental visits.



To learn about efforts to prevent kids from becoming tobacco users visit [www.tobaccofreekids.org](http://www.tobaccofreekids.org)

Ask your dentist or physician for ways to help you quit tobacco use or call the **Michigan Tobacco Quit Line at 1-800 480-QUIT!**



- **There is no risk-free level of exposure to tobacco smoke, and there is no safe tobacco product.**
- **Yearly, hundreds of thousands of children suffer from respiratory infections because of exposure to second hand smoke.**



### References:

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Break the Tobacco Habit and Save Your Oral Health: AAP Patient Page, April/June 2006, Vol. 7, No. 2