

Oral Health and Tobacco Use:

(It's not just about bad breath and yellow teeth.)

- Each year in the United States, mouth or throat cancer will kill an average of **8,000** people. This is one person per hour, 24 hours a day.
- Tobacco use causes **tooth loss** and gum disease. In 2006, nearly twice as many adult smokers in NH reported tooth loss due to decay or gum disease compared to tooth loss reported by nonsmokers.
- All forms of tobacco contain **nicotine**. Nicotine is highly addictive. Quitting nicotine addiction is very difficult. People average **seven to ten** attempts before they are successful.
- Cigars and chew tobacco are not safer than cigarettes. All tobacco products contain toxins that cause cancer.
- **Cancer** from chewing tobacco doesn't just occur in the mouth. Some of the cancer-causing agents in the tobacco can get into the lining of the stomach, the esophagus, and into the **bladder**.
- Chew and dip are left in contact with gums, cheeks and/or lips for prolonged periods of time. This can cause leukoplakia. **Leukoplakia** appears either as a smooth, white patch or as leathery-looking wrinkled skin. It results in cancer in three to five percent of all cases.
- About 70% of spit tobacco users report having **mouth sores**.
- Using chew can also cause:
 - cracking and **bleeding lips** and gums
 - receding gums and bone loss in the jaw - which can eventually make teeth fall out
 - increased heart rate
 - high blood pressure, and irregular heartbeatsall leading to a greater risk of heart attacks and **brain damage** (from stroke).
- Chewing tobacco decreases a person's sense of taste and ability to smell. As a result, users tend to eat more salty and sweet foods which can lead to more **cavities**.

More Quitting Resources for Smokeless Tobacco:

www.KilltheCan.org
www.MyLastDip.com
www.ThroughWithChew.com