

Tobacco Use and Oral Health



Tobacco has a negative effect on your oral and overall health.

50% of smoking adults have periodontal (gum) disease. Smokers are nearly twice as likely to lose their teeth as non-smokers.

Smoking leads to reduced effectiveness of treatment for gum disease.

Smoking increases risk of mouth pain, cavities and gum recession.

Smoking limits the growth of blood vessels, slowing the healing of gum tissue after oral surgery or from injury.

Tobacco reduces the body's ability to fight infection, including in the mouth and gums.

Cigarette smokers are nearly twice as likely to need a root canal.

Smokeless tobacco (snuff or chewing tobacco) is associated with cancers of the cheek, gums and lining of the lips.

Cigars, chewing tobacco, snuff and unprocessed tobacco leaves contain tiny particles that are abrasive and stain teeth.



The Power of Smile™

Learn more about how your oral health connects to your overall health at: **DeltaDentalNE.org**



Delta Dental of Nebraska