



Tobacco and Oral Health

Cigarettes, e-cigarettes (vaping), cigars, pipes and smokeless (chewing) are all forms of tobacco and are all associated with general health risks, including the following oral conditions:



GUM DISEASE

According to the American Academy of Periodontology, tobacco users are seven times more likely to develop gum disease than non-users because tobacco causes increased plaque, exposing gums to harmful bacteria. Tobacco use can also make gum tissues irritated and inflamed.



CAVITIES, BAD BREATH AND STAINED TEETH

Tobacco users are three times more prone to cavities due to an increase in tartar buildup. Sugars are often added to tobacco products to enhance flavor and can increase the risk of decay. Nicotine reduces the production of saliva, which can lead to dry mouth. In addition, bad breath and stained teeth can also occur as a result of tobacco use.



TOOTH LOSS

Chemicals in tobacco products restrict blood flow to gum tissues, limiting the nutrients necessary for bone and gum support for teeth. Studies have shown that more than 40% of tobacco users lost all of their teeth by the end of their lives.



ORAL CANCER

People who use tobacco tend to have a higher risk for oral cancer, and those who use tobacco and consume excessive amounts of alcohol have the highest risk. Nearly 53,000 Americans are diagnosed with oral cancer every year.¹ Of those, only 57% will exceed the five-year survival rate.

Quitting all forms of tobacco, along with brushing twice a day and flossing daily is important to your oral and overall health. Be sure to discuss any concerns with your dentist at your next visit. **Visit truassure.com for more oral health resources and information.**

¹<https://oralcancerfoundation.org/facts/>