

DENTAL

Facts

Smoking and Dental Health

Gleam TEAM
Your Partners for Life.



Smoking can cause harm to your teeth and gums. Some harmful effects of smoking are:

- stained teeth and fillings
- bad breath
- dulled sense of taste
- irritated gums and other soft tissues of the mouth, which increases the risk of gum disease (see illustration #1)

Smoking is a leading cause of oral cancer. Smokers should watch for the following signs:

- white or red patches in your mouth that may or may not be painful



#1

- any unexplained bleeding, soreness, or numbness in your mouth
- a sore on your lip or inside your mouth that does not heal within 10 to 14 days

If you notice any of these signs, see your dentist or physician immediately.



***Keep your smile healthy
– be a non-smoker!***