

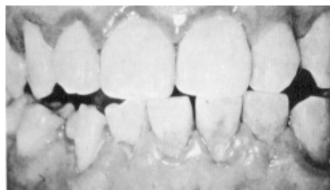


Smoking can cause harm to your teeth and gums. Some harmful effects of smoking are:

- 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!



