

# FAQs

## How does tobacco affect my oral health?

All types of tobacco – including cigarettes, cigars and chewing (or smokeless) tobacco – are harmful for your oral health. In addition to containing nicotine (which is addictive) they can greatly increase your risk of:

- bad breath
- stained teeth and tongue
- diminished sense of taste and smell
- gum disease
- oral cancer (cancer of the lip, tongue)
- cancer of the esophagus and voice box

Smokers are more likely than nonsmokers to suffer from gum recession and dry mouth, factors which contribute to tooth decay.

## What effects can smokeless tobacco have on my oral health?

Smokeless tobacco has over 3,000 chemicals, including 28 that can cause cancer. Smokeless tobacco can irritate your gum tissue, causing periodontal (gum) disease. Sugar is often added to enhance the flavour of smokeless tobacco, increasing the risk for tooth decay.

## Are there any safer alternative to cigarettes?

No. All other forms of tobacco – cigars, pipes, rolled tobacco – are just as harmful to your health.

## How do I quit using tobacco?

1. Set a date in the near future. This will allow you time to prepare yourself mentally and emotionally. Choose a time when stress will be lower.
2. Tell your family, friends and co-workers that you are quitting. Building a support system will improve your chances of quitting successfully.
3. Investigate and use all resources available to you, such as brochures, websites and books.
4. Tell your dentist or physician you are quitting. Not only can they provide guidance and support, they can recommend (and prescribe) tobacco cessation medication.
5. Avoid environments or situations that could tempt you, or put you in contact with people who smoke.
6. Anticipate triggers to tobacco and be prepared in avoiding them. Chew sugarless gum, go for a walk or pick up a hobby to distract you.
7. Reward yourself for reaching small goals. For example, treat yourself to a nice meal with family or friends to celebrate one week of being smoke-free.
8. Put the money you would normally spend on tobacco in a jar. At the end of the year, take that money and spend it on a vacation or a new wardrobe!

Visit [www.youroralhealth.ca](http://www.youroralhealth.ca) for more information.



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416-922-3900 | 1-800-387-1393  
[www.youroralhealth.ca](http://www.youroralhealth.ca)

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# Quitting tobacco

Let's think **positive**

Mark Twain once said ...

“It’s easy to quit smoking. I’ve done it hundreds of times.”



**Nicotine is a difficult addiction to quit.** But every attempt you make to quit is one step closer to success.

Quitting smoking is the best thing you can do to improve your health and your life. Talk to your dentist about your options.

**Your smile will thank you for it.**

# It's **time** to measure **your success!**



## Did you know?

**Smoking is the number one preventable cause of death in Canada.**

**Former smokers live longer than those who continue to smoke.**

**Many people make several attempts to quit smoking before they're successful.**

**If you smoke one pack per day (at an average of \$8 a pack) you will save \$2,920 a year!**

**Be a quitter.**   
**Talk to your dentist about your options.**

### You will notice:

- Cleaner, fresher breath
- Fewer colds, coughs and breathing difficulties
- Your hair and clothes don't smell of smoke
- The stains on your fingers will slowly disappear
- Less staining on your teeth
- More money in your pocket

### You will experience:

- More energy
- Less gum recession and disease
- Fewer incidences of chronic sore mouth and throat
- Fewer hacking coughs and chest infections
- Less accumulation of tartar and plaque