TOBACCO USERS: HOW MANY TEETH WILL YOU LOSE?

Smoking, vaping and chewing tobacco can cause tooth loss, and worse...



TOBACCO USE...

- causes serious gum infection (periodontitis) that destroys bones that anchor teeth.
- suppresses the immune system, reducing its ability to fight infection.
- limits the growth of blood vessels, slowing the healing of damaged gum tissue.
- is associated with total periodontitis, 62% of all adult cases are current smokers.

SMOKERS....

- of 1.5 packs of cigarettes/day are 6x more likely than non-smokers to have periodontitis.
- of < half a pack of cigarettes/day are 3x more likely than non-smokers to have periodontitis.
- of pipes and cigars experience periodontitis at rates equivalent to cigarette smokers.

SMOKELESS TOBACCO IS RISKY, TOO:

- vaping can cause receding gums, tooth sensitivity, increased risk of cavities and tooth loss.
- smokeless tobacco (snuff and chewing tobacco) contains at least 28 chemicals that can increase the risk of oral cancer and cancer of the throat and esophagus.

Sources: Dentistry IQ; WebMD, Delta Dental, Centers for Disease Control and Prevention and National Institute of Dental and Craniofacial Research



of people with cancer of the mouth, lips, tongue and throat are tobacco users.



Smokers are 5000 more likely than non-smokers to develop oral cancer and cancer of the throat and esophagus.

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Bottom line: Is tobacco worth the risks?