There are over 3,000 children who become addicted to nicotine everyday. Nicotine is found in cigarettes, pipe tobacco, chewing tobacco, and cigars. Don’t let nicotine get a hold on you.
The effects

Smoking cigarettes, pipe tobacco, and cigars, are all bad for your teeth and gums. Chewing tobacco is also bad for your teeth and gums. Some of the ways that these things can hurt your oral health are as follows:

- Smoking can cause gum disease.
- Smokers are about twice as likely to lose their teeth as non-smokers.
- Cigarette smokers are twice as likely to need root canal treatment.
- Smoking can hinder good results from gum disease treatment.
- Smoking increases risk of mouth pain, tooth decay and gum recession (this is when your gums start to shrink). You can also lose your teeth.
- Tobacco limits your body’s ability to fight infection, even in your mouth and gums. If you get dental work done or have an injury to your mouth, it could take longer to heal.
- Smokeless tobacco (snuff or chewing tobacco) can lead to cancers of the cheek, gums and lining of the lips. Smokeless tobacco users are 50 times more likely to develop these cancers than non-users.
- Smoking and chewing tobacco can wear your teeth down over time and also stain your teeth.

The facts

If you smoke or are thinking of smoking, please don’t start. Listed below are some facts to think about:

- 3,000 children and teens become regular users each day (including chewing tobacco).
- Nearly one-quarter of all high school students smoke.
- Some tobacco companies target children with cherry-flavored chewing tobacco. This tobacco is sold in colorful containers. They also sell tobacco that smells sweet like candy and comes in shiny tins.
- You can have problems with your permanent teeth if you are around tobacco smoke.
- Females who smoke may be more likely to have children born with an oral cleft (cleft lip or cleft palate).

What you can do

Nicotine is an addiction disorder. This means that nicotine becomes habit-forming for your body. Nicotine addiction affects the way you feel and think.

It can be very hard to quit smoking or chewing tobacco. Sometimes it can take many times to try to stop the addiction.

The best way to avoid nicotine addiction is to not start smoking or chewing tobacco.

Nicotine Addiction Cycle

Nicotine use for pleasure, enhanced performance, mood regulation

Nicotine use to self-medicate withdrawal symptoms

Tolerance and physical dependence

Nicotine abstinence produces withdrawal symptoms