Effects of Tobacco on Your Mouth

ORAL CANCER.
Tobacco is the major risk factor for cancers of the mouth and throat.

GUM RECESSION.
Whether you smoke or chew it, tobacco irritates the lining of your gums, causing them to permanently pull back from your teeth.

Smokers are more than twice as likely to lose teeth as nonsmokers.

GUM DISEASE
Your risk of gum disease doubles if you’re a smoker.

CAVITIES
Smoking destroys cavity-fighting antibodies in your saliva.

TOOTH LOSS

It’s not too late.
Turn to your dentist or doctor to get help quitting today.

Our Delta Dental enterprise includes these companies in these states: Delta Dental of California — CA, Delta Dental of the District of Columbia — DC, Delta Dental of Pennsylvania — PA & MD, Delta Dental of West Virginia, Inc. — WV, Delta Dental of Delaware, Inc. — DE, Delta Dental of New York, Inc. — NY, Delta Dental Insurance Company — AL, DC, FL, GA, LA, MS, MT, NV, TX and UT.

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