



Take part in the Great American Smokeout on Nov. 17

Smoking and chewing tobacco can lead to health problems, including oral health issues. Think about it – tobacco hits your mouth before any other part of your body.

Tobacco can cause yellow teeth and bad breath. But it has more serious oral health risks, including loss of taste and smell, mouth sores, cavities and slow healing after dental work.

Why kick the habit?

Quitting isn't easy, but it's worth it. From fresher breath to reducing your risk of gum disease and oral cancer, there are many oral health reasons to stop smoking. As part of the Great American Smokeout this month, make the commitment to kick those butts.

Say no to vaping, too

Don't take up vaping instead – it isn't any safer. Most e-cigarettes have nicotine and other harmful chemicals including lead and formaldehyde.

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