

tpcp fact sheet

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Oral Health and Tobacco Use

(It's not just about bad breath and yellow teeth.)

- Each year in the United States, mouth or throat cancer will kill an average of **8,000** people. This is one person per hour, 24 hours a day.
- Tobacco use causes **tooth loss** and gum disease. In 2006, nearly twice as many adult smokers in NH reported tooth loss due to decay or gum disease compared to tooth loss reported by nonsmokers.
- All forms of tobacco contain nicotine. **Nicotine** is highly addictive. Quitting nicotine addiction is very difficult. People average seven to ten attempts before they are successful.
- Cigars and chew tobacco are not safer than cigarettes. All tobacco products contain toxins that cause **cancer**.
- Cancer from chewing tobacco doesn't just occur in the mouth. Some of the cancer-causing agents in the tobacco can get into the lining of the stomach, the esophagus, and into the **bladder**.
- Chew and dip are left in contact with gums, cheeks and/or lips for prolonged periods of time. This can cause leukoplakia. **Leukoplakia** appears either as a smooth, white patch or as leathery-looking wrinkled skin. It results in cancer in three to five percent of all cases.
- About 70% of spit tobacco users report having **mouth sores**.
- Using chew can also cause: cracking and **bleeding lips** and gums, receding gums and bone loss in the jaw, (which can eventually make teeth fall out), increased heart rate, high blood pressure, and irregular heartbeats, all leading to a greater risk of heart attacks and **brain damage** (from stroke).
- Chewing tobacco decreases a person's sense of taste and ability to smell. As a result, users tend to eat more salty and sweet foods which can lead to more **cavities**.

You Can Stop. We Can Help.

The Next Step:

Three Services for People Who Are Ready to Quit

1-800-Try-To-STOP www.trytostophn.org www.BecomeAnEX.org

(1-800-879-8678)