



# Tobacco and Oral Health

Cigarettes, e-cigarettes (vaping), cigars, pipes and smokeless (chewing) are all forms of tobacco and are all associated with general health risks, including your oral health.



## E-cigarettes Are Equally Harmful as Other Tobacco Products

Nicotine has proven adverse health effects and e-cigarettes can contain as much or more nicotine than traditional cigarettes. Additionally, non-nicotine ingredients in e-cigarettes have been linked to lung disease. Recent studies have found e-cigarette vapor changes bacterial presence in the mouth exposing teeth to harmful bacteria, which can lead to cavities, tooth decay and gum disease.<sup>1</sup>



## Tobacco Contributes to Gum Disease, Tooth Decay, Bad Breath and Stained Teeth

Tobacco users are more likely to have tartar buildup, which can lead to tooth decay, gum disease and recessed gums. Tobacco use can also make gum tissues irritated and inflamed. Sugars are often added to tobacco products to enhance flavor and can increase the risk of tooth decay. In addition, bad breath and stained teeth can occur as a result of tobacco use.



## Tooth Loss is More Likely if You Use Tobacco

If you started using tobacco at age 18 and are a frequent daily user (i.e., smoke one pack a day), you are likely to lose between four and five teeth by the time you are 35 years old. The chemicals in tobacco products restrict blood flow to gum tissues, limiting the nutrients necessary for bone and gum support for teeth. Studies have shown that more than 40% of tobacco users lost all of their teeth by the end of their lives.



## Tobacco Use Increases the Risk of Oral Cancer

People who use tobacco tend to have a higher risk for oral cancer, and those who use tobacco and consume excessive amounts of alcohol have the highest risk. Nearly 53,000 Americans are diagnosed with oral cancer annually.<sup>2</sup> Of those, only 65% will exceed the five-year survival rate.



Along with brushing twice a day and flossing daily, quitting all forms of tobacco is important to your oral health and overall health. Be sure to discuss any concerns with your dentist at your next visit.

Visit [deltadentalil.com/oralhealth](https://www.deltadentalil.com/oralhealth) for more information.

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Smart plans for smart mouths.



<sup>1</sup><https://www.health.com/oral-health/is-vaping-bad-for-your-teeth>  
<sup>2</sup>American Cancer Society, Cancer Facts & Figures, 2019

Information courtesy of the Academy of General Dentistry, American Dental Association, American Academy of Periodontology and Centers for Disease Control and Prevention.