

Smoking and Your Mouth

The use of the word “smoking” and the phrase “good oral health” in the same sentence just doesn’t go together.

There are 9,000 deaths a year in the U.S. from oral cancer. Tobacco use accounts for 75 percent of them.

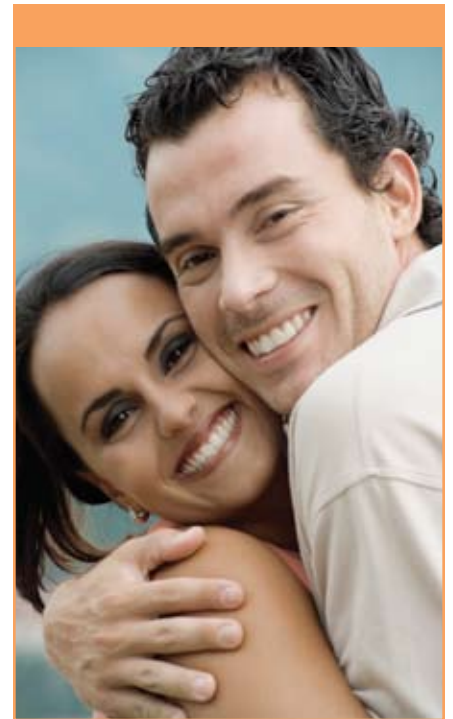
Not only does smoking leave brown stains and sticky tar deposits on your teeth or dentures, but it contributes to halitosis (bad breath). It’s not uncommon to see red inflammation on the palate (roof of the mouth) from the high temperatures generated by cigarette, cigar and pipe smoking.

Smoking is a major risk factor in periodontal (gum) disease. As shown by 20 years of research, smokers are two to three times more likely to develop periodontitis (bone loss). Tooth loss is much more prevalent in smokers. Studies have shown a higher rate of dental implant failures for those who smoke.

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Even second-hand smoke poses danger, especially for children. When children breathe in smoke, it can affect the development and eruption of their permanent teeth.

The good news is that “kicking the habit” greatly reduces the risk of developing oral cancer. After 10 years of cessation, the risk is similar to that of a non-smoker. There are a number of ways to stop without experiencing extreme withdrawal symptoms including the nicotine patch, nicotine gum and nicotine spray or inhaler.



Oral Health & Wellness Content provided by Dentalxchange.