

Help with quitting

Giving up using any tobacco product (smoking, smokeless tobacco or shisha) can significantly reduce your risk of oral cancer and improve your oral health.

For FREE advice and help on quitting:

- Speak to your doctor or dentist
- Visit the Stop Smoking Service for Leicester, Leicestershire and Rutland at www.stopsmokingleic.co.uk
- Telephone on **0116 295 4141**
- Text to **07717 420 560**



Tobacco and Oral Health



TOBACCO DAMAGES YOUR ORAL HEALTH

Do you use any of these?

Cigarettes • Bidi • Paan • Zarda
Supari • Slaked Lime • Chun • Mawa
Manikchand • Gutkha • Tulsi • Snuff
Snus • Toombak • Naswar • Shammah



Healthy Teeth, Happy Smiles!

Appearance

The smoking, chewing, sucking, sniffing or inhaling of tobacco products can effect your appearance by causing:

- Staining and discolouration of teeth as well as dentures.
- Excessive wear on teeth, especially pipe smokers and smokeless tobacco users.
- Bad breath.
- Dental decay and tooth erosion due to the large quantities of sugar and citric acid contained in breath freshening mints used to mask bad breath.

Cleft lips and palates are twice as common amongst children born to mothers who smoke during pregnancy.

Dry socket

- Dry socket is a painful condition that can occur after a tooth extraction.
- ALL** tobacco products can interfere with the healing process of your socket.
- People who smoke are more than four times as likely to develop a dry socket compared to those who don't.

Gum disease

- Gum disease is the most common cause of tooth loss in adults.
- ALL** tobacco products are strongly associated with gum disease.
- Tobacco users lose more teeth due to gum disease compared to non-smokers.
- Gum treatment is less effective if you continue to use tobacco.

Oral cancer

- ALL** forms of tobacco cause oral cancer.
- Tobacco use accounts for more than 90% of all oral cancers.



Protect yourself from oral cancer

- Stop using tobacco products
- Visit the dentist regularly

The importance of visiting the dentist

It is important to visit a dentist regularly (even if you wear dentures). Dentists can detect problems in your mouth at the early stages of oral cancer. You should have a dental check-up at least every year. Oral cancer tends not to cause any noticeable symptoms during the early stages. If oral cancer is recognised early, then the chances of a cure are good.

You are entitled to **FREE NHS dental services** if you:

- Are under 18 years of age
- Are 18 years of age and in full-time education
- Are pregnant
- Had a baby in the last 12 months
- Are currently in prison or in a young offender's institution
- Hold a HC2 Certificate
- Have an NHS Tax Credit Exemption Certificate/Card

You are also entitled to **FREE NHS dental services** if you **OR** your partner receive:

- Income support
- Income-based Jobseeker's allowance
- Income-related Employment and Support Allowance
- Pension Credit Guarantee

To Find Your Local NHS Dentist:

Visit NHS Choices website at www.nhs.uk/dentists
Or call your local Healthwatch on **0116 251 8313**

If you do not have a dentist and require urgent dental care please call 111.

