

**In conjunction with the Great American Smokeout, Dental Health Services wants to educate you about one specific threat to smokers—periodontal disease.**

### **How does smoking increase your risk?**

As a smoker, you are more likely than nonsmokers to have the following problems:

- ⇒ Calculus —plaque that hardens on your teeth and can only be removed during a professional cleaning
- ⇒ Deep pockets between your teeth and gums
- ⇒ Loss of the bone and tissue that support your teeth

The bacteria in the calculus can destroy your gum tissue and cause your gums to pull away from your teeth. When this happens, periodontal pockets form and fill with disease-causing bacteria. Without treatment, your teeth may become loose, painful, and at risk to falling out.



### **Save Your Smile**

Research shows that smokers lose more teeth than nonsmokers do. According to data from the Centers of Disease Control and Prevention, only about 20 percent of people over age 65 who have never smoked are toothless, while a whopping 41.3 percent of daily smokers over age 65 are toothless.

Make an investment in your overall health now and for your future—you and your loved ones are worth it!

**Dental  
Health  
Services**

**Your Personal Dental Plan**  
**800.63.SMILE**  
[www.dentalhealthservices.com](http://www.dentalhealthservices.com)

**Not Just Cigarettes**

Other tobacco products are also harmful to your periodontal health. Smokeless tobacco can cause gums to recede and increase the chance of losing the bone and fibers that hold your teeth in place.

**Other Oral Problems:**

*Research has shown that the following problems occur more often in people who use tobacco products:*

- ⇒ **Oral cancer**
- ⇒ **Bad breath**
- ⇒ **Stained teeth**
- ⇒ **Tooth loss**
- ⇒ **Bone loss**
- ⇒ **Loss of taste**
- ⇒ **Less success with periodontal treatment**
- ⇒ **Less success with dental implants**
- ⇒ **Gum recession**
- ⇒ **Mouth sores**
- ⇒ **Facial wrinkling**

**Find Out More**

Websites to help smokers kick the habit:

[www.quitnet.com](http://www.quitnet.com)

[www.health.org](http://www.health.org)

[www.cancer.org](http://www.cancer.org)

[www.lungusa.org](http://www.lungusa.org)

[smokingcessationleadership.ucsf.edu](http://smokingcessationleadership.ucsf.edu)