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# TOBACCO

## *Unfiltered Facts*



There are 28 or more **cancer causing agents** in smokeless tobacco alone.<sup>1</sup>



More **tobacco-related health risks** include cancers such as:<sup>2</sup> bladder, esophageal, laryngeal, lung, throat, cervical, kidney, stomach and pancreatic



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Tobacco use in any form—cigarette, cigar, pipe and smokeless (spit) tobacco—increases the risk for a variety of oral health conditions including:

**Periodontal (gum) disease:** Studies show that tobacco use may be one of the most significant risk factors in the development and progression of gum disease.<sup>3</sup> In fact, smoking may play a significant role in more than 50 percent of chronic periodontal disease cases.<sup>3</sup>

**Tooth decay, bad breath and stained teeth:** Despite good oral health habits, tobacco use is still more likely to cause cavities due to decreased saliva flow, increased plaque and tartar build-up and a greater pH level in the mouth. Beyond the medical risks, bad breath and stained teeth are other negative effects of smoking.

**Tooth loss:** Smokers are about twice as likely to lose their teeth as non-smokers.<sup>4,5</sup> Smoking can restrict blood flow to the gum tissues, limiting delivery of nutrients necessary for the bone and gum support of teeth.

**Oral cancer:** Of the nearly 48,000 Americans diagnosed with oral cancer annually, only 64% live past the five-year survival milestone.<sup>6</sup> Tobacco use increases oral cancer risk, and those who use tobacco and consume excessive alcohol have an especially high risk.<sup>7</sup>

Discuss your concerns about tobacco use and its impact on your oral health with your dentist.

## Quick Bites

more tobacco-related health risks:<sup>8</sup>

- ★ Chronic obstructive pulmonary disease (COPD) including chronic bronchitis and emphysema
- ★ Coronary heart disease
- ★ Stroke
- ★ Abdominal aortic aneurysm
- ★ Acute myeloid leukemia
- ★ Cataracts
- ★ Pneumonia



for more information please visit:

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1) Mayo Clinic, "Health Risks of Chewing Tobacco and Other Forms of Smokeless Tobacco," web. 2) Centers for Disease Control and Prevention, [cdc.gov/tobacco/data\\_statistics/fact\\_sheets/health\\_effects/effects\\_cig\\_smoking/](http://cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/), accessed July 2013. 3) Dentistry IQ, "Smoking and Periodontitis," web. 4) Krall EA et al., "Smoking, Smoking Cessation, and Tooth Loss," Journal of Dental Research 76, no. 10 (1997): 1653-659. 5) Dietrich, T et al., "Tobacco Use and Incidence of Tooth Loss Among US Male Health Professionals," Journal of Dental Research 86, no. 4 (2007): 373-77. 6) National Cancer Institute, "SEEN Stat Fact Sheets: Oral Cavity and Pharynx Cancer," web. 7) Oral Cancer Foundation, "The Alcohol Connection," web.