



## What tobacco products cause oral health problems?

Both smoked and smokeless alternative tobacco products cause oral health problems.

These products include:

- Cigarettes
- Cigars
- Pipes
- Bidis
- Chewing tobacco (loose leaf, plug, twist)
- Snuff

## How does tobacco use affect my oral health and appearance?

- Increases your risk of:
  - Oral cancer
  - Gum disease (periodontitis)
  - Tooth loss
  - Cavities
  - Dental implant failure
- Increases the time it takes for wounds to heal in your mouth
- Decreases your ability to taste and smell
- Stains your teeth
- Causes darkening of the gums (melanosis)
- Causes bad breath and dry mouth

## How will my oral health benefit if I quit using tobacco?

- Five years after you quit tobacco, your risk of getting oral cancer is cut in half
- Your teeth and gums will be healthier
- You improve your chances of keeping more of your own teeth

## I want to quit using tobacco — how do I get started?

- Call VA's tobacco quitline at **1-855-QUIT-VET** (1-855-784-8838) Monday–Friday. Available in English & Spanish
- Sign up for VA's SmokefreeVET text messaging program — text the word **VET** to **47848** (or **VETesp** to **47848** for Spanish) or visit [smokefree.gov/VET](https://smokefree.gov/VET)
- Talk to your VA dentist, dental hygienist or health care provider about tobacco cessation medications and counseling that can help you quit
- Visit VA's *Tobacco & Health* webpage for Veterans at [publichealth.va.gov/smoking](https://publichealth.va.gov/smoking)