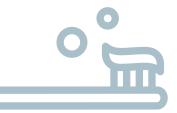
ORAL HEALTH & TOBACCO USE



What tobacco products cause oral health problems?

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

These products include:

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

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
- 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



