Smoking and Oral Health

Cigarette smoke has more than 7,000 chemicals, including 70 known to cause cancer.

Many people know that smoking can lead to lung cancer, but it can lead to other cancers and diseases too.

Smoking also increases your chance of heart disease, stroke, diabetes, and infertility.

Bad Breath
After smoking, an odor stays in your mouth, hair, and clothing. The more you smoke, the worse your breath is.

Stained Teeth
Tar from cigarettes can turn teeth yellow, brown, or even black. Smoking ruins your smile.

Gum Disease
Smoking can lead to infection of the gums and bone that support your teeth. People with gum disease will have red, swollen gums. In the worst case, you may lose teeth. Smokers are twice as likely to get gum disease as nonsmokers.

Oral Cancer
Tobacco use is a huge risk factor for oral cancer, including cancers in the mouth and throat. Smokers are 3 to 10 times more likely to get oral cancer than nonsmokers.

Protect Your Oral Health

- See the dentist regularly to spot any problems and treat them early.
- Quit smoking now. This is the best way to keep your mouth healthy.

If eligible, you can get free counseling and nicotine patches from the following organizations:

Charles B. Wang Community Health Center
(Health Education Department) (212) 966-0461

Asian Americans for Equality (212) 979-8988

Asian Smokers’ Quitline (ASQ) 1-800-838-8917