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Smoking's impact on oral health... (1970)

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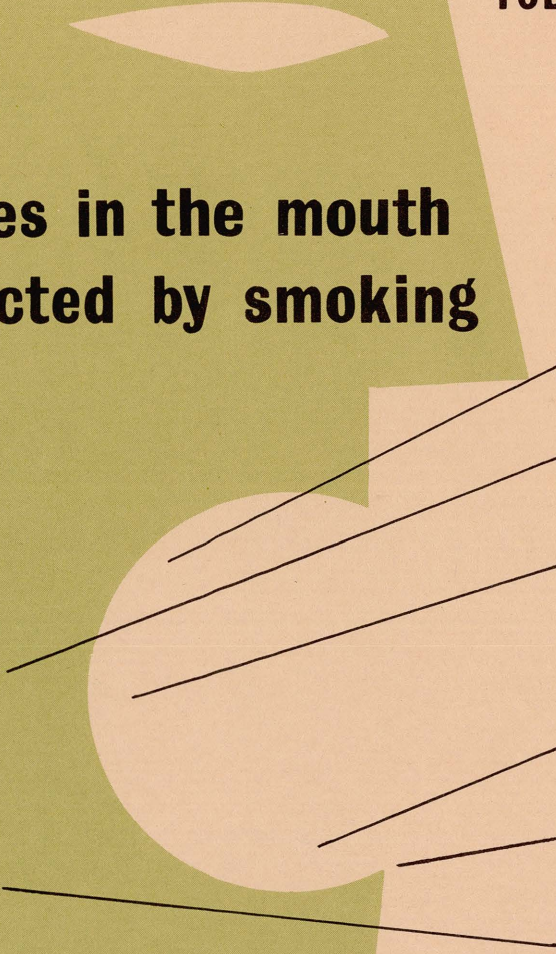
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518:2

Smoking's impact on oral health...





Sites in the mouth affected by smoking

TEETH

PALATE

TONGUE

GUMS

LIPS

THROAT

TOBACCO SMOKE AFFECTS NONSMOKERS

Smokers are now a minority in the population; one that is getting smaller every day.

Smoke from burning tobacco can be irritating to many nonsmokers — they cough, sneeze, and their eyes water.

Smokers are beginning to show more consideration for the nonsmoking majority, especially in confined areas like airplanes, cars, elevators and small rooms.

SMOKERS —

before you light up
THINK ABOUT THE
EFFECT YOU HAVE
ON OTHERS.



smoking's effect on oral health

- 1 Smokers have more periodontal disease.
- 2 Smoking stains the teeth.
- 3 Smoking is a cause of bad breath.
- 4 Irritants in tobacco smoke attack the taste buds and so prevent the smoker from fully enjoying foods and beverages.

DID YOU KNOW?

a There are about 7,000 deaths each year due to oral cancer.

b Smokers, when compared to nonsmokers, have four times the risk of death from oral cancer.

c Smoking affects the total health of an individual.

- Cigarette smoking contributes to disease and disability.
- Emphysema and chronic bronchitis are more common among heavy smokers.
- 77 million "excess" lost workdays are associated with cigarette smoking each year.

d Smokers who quit can avoid gaining weight by not substituting fattening foods for cigarettes.

if you don't smoke . . .

DON'T START

if you already smoke . . .

HERE'S HOW YOU CAN QUIT

Consider the reason you smoke. Try to find a satisfying substitute.

If you smoke only because it is a habit —

- * Pay close attention to every cigarette you smoke.
- * Try not to carry matches with you.
- * Each time you feel the urge to light up, ask yourself, "DO I REALLY WANT THIS CIGARETTE?"
- * Begin to cut down the number of cigarettes you smoke each day.

for your health's sake . . .

and the comfort of others

THINK

before you light up your next cigarette



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