



1-800-QUIT-NOW

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■ How Is Smoking Related to Gum Disease?

Smoking weakens your body's infection fighters (your immune system). This makes it harder to fight off a gum infection. Once you have gum damage, smoking also makes it harder for your gums to heal.^{4,5,6}

What does this mean for me if I am a smoker?

- You have twice the risk for gum disease compared with a nonsmoker.¹
- The more cigarettes you smoke, the greater your risk for gum disease.⁵
- The longer you smoke, the greater your risk for gum disease.⁵
- Treatments for gum disease may not work as well for people who smoke.³
- **Nicotine use in any form—cigarettes, pipes, and smokeless (spit) tobacco—raises your risk for gum disease.⁷**

■ How Can Gum Disease Be Prevented?

You can help avoid gum disease with good dental habits.³

- Brush your teeth twice a day.
- Floss often to remove plaque.
- See a dentist regularly for checkups and professional cleanings.
- **Don't smoke. If you smoke, quit.**

References

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3. National Institute of Dental and Craniofacial Research. Periodontal (Gum) Disease: Causes, Symptoms, and Treatments [last updated 2012 Aug; accessed 2014 Jul 18].
4. Centers for Disease Control and Prevention. Highlights: Smoking Among Adults in the United States: Other Health Effects [last updated 2004 May 27; accessed 2014 Jul 18].
5. U.S. Department of Health and Human Services. A Report of the Surgeon General. The Health Consequences of Smoking. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004 [accessed 2014 Jul 18].
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7. Centers for Disease Control and Prevention. Oral Health for Adults [last updated 2013 Jul 10; accessed 2014 Jul 18].

TIPS FROM
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CDC'S TIPS FROM FORMER SMOKERS CAMPAIGN

Reasons to Quit Smoking



Everyone has their own reasons for quitting smoking. Maybe they want to be healthier, save some money, or keep their family safe. As you prepare to quit, think about your own reasons for quitting. Remind yourself of them every day. They can inspire you to stop smoking for good. Whatever your reasons, you will be amazed at all the ways your life will improve when you become smokefree.

It's best to quit as early in life as possible. This allows your body a chance to heal and reduces your risk for serious health problems, like heart attacks.


Here are a few reasons to quit you may want to consider:

Your Health and Appearance

- My chances of having cancer, heart attacks, heart disease, stroke, and other diseases will go down
- I will be less likely to get sick
- I will breathe easier and cough less
- My skin will look healthier, and I will look more youthful
- My teeth and fingernails will not be stained

If you smoke, you could get gum disease that can lead to tooth loss. Like Felicity did. She had to have 23 teeth removed at once. The physical pain has gotten a little better over time. Her emotional pain? That's something she still deals with every day. You can quit.

CALL 1-800-QUIT-NOW.

 U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
CDC.gov/tips

#CDCTips



Quitting will make you feel better and improve your health, and there are other reasons to quit that you may not have considered:

Your Lifestyle:

- I will have more money to spend
- I can spend more time with family, catch up on work, or dive into my favorite hobby
- I won't have to worry about when I can smoke next or where I can or can't smoke
- My food will taste better
- My clothes will smell better
- My car and home won't smell like smoke
- I will be able to smell food, flowers, and other things better

