



ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION

TIPS AND TRICKS SERIES

Tobacco & Your Oral Health

How tobacco affects your mouth—and simple steps to protect your oral health.

Why it matters:

- Tobacco damages teeth, gums, and the soft tissues of the mouth.
- It greatly increases the risk of mouth (oral) cancer and gum disease.
- Mouth cancer is often found late, when it is harder to treat.

What to do:

- The best protection is to not use tobacco.
- See a dentist regularly so problems are found early.
- Tell your dentist or dental hygienist if you use tobacco.
- Get help if you want to quit—support makes quitting easier.

What to avoid:

- Thinking brushing or mouthwash can fix tobacco-related bad breath.
- Ignoring sores, lumps, or color changes in your mouth.
- Using smokeless tobacco—it can still cause decay and tooth loss.

Ask a dental professional if...

- You have sores, patches, or pain that does not go away.
- Your gums bleed, teeth feel loose, or bad breath lasts.



Quick Facts

- One cigarette exposes your mouth to thousands of harmful chemicals.
- Tobacco use raises the risk of cancer, gum disease, and tooth loss.

Ready to quit?

Free help is available for Kansans. Call 1-800-QUIT-NOW (1-800-784-8669) or visit www.ksquit.org.