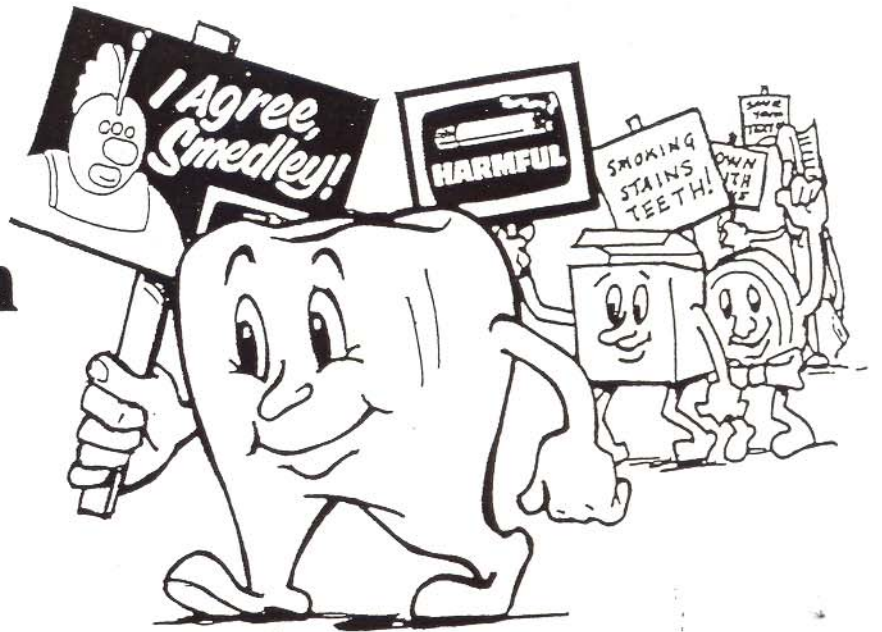


Smoking and Your Mouth



Smoking not only causes cancer, heart disease, lung diseases and high blood pressure, but the heat and chemicals of tobacco irritate the gums and soft tissues of the mouth which can lead to gum disease or possibly cancer of the mouth. Smoking also dulls your sense of taste, stains your teeth an unattractive brown colour, and causes bad breath. You can prevent these problems by NOT smoking. Next time you think of lighting up, STOP. Flash your bright healthy smile instead.

1. What dental problems are caused by smoking? _____

2. What things about smoke irritate your gums? _____

3. Why should smokers have their teeth cleaned more often by a dentist or hygienist than non-smokers? _____

4. How do you benefit if you do not smoke? _____
