

# Stats Any Tobacco-Using Employee Needs to Know About This Oral Health Month



**Did you know that, if you use tobacco, it may be wreaking havoc on your oral health?**

Don't just take our word — scientists agree:

**80% higher risk** for those who smoke for bone loss and periodontal disease than those who don't

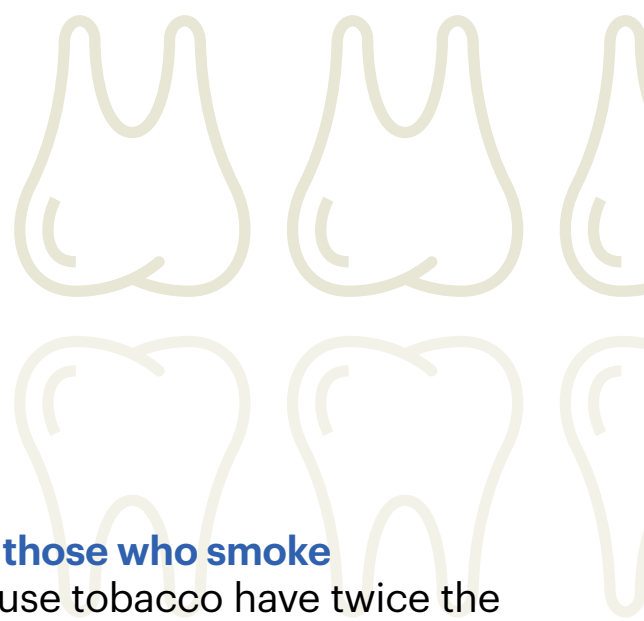
**40% adults aged 20 to 64** who currently smoke cigarettes that have untreated tooth decay



**2x those who smoke** or use tobacco have twice the risk for gum disease, compared to those who don't

**3x people who smoke** are 3 times more likely to lose all their teeth

**4 in 10 older adults** who currently smoke and have lost all their teeth



## Five ways quitting smoking improves oral health.

There are many reasons to quit smoking, including the overall lessened insurance costs and the ability to curtail the impact of oral decay caused by tobacco use.

In fact, many oral effects of tobacco use are actually able to be reversed by simply quitting smoking.



**Better smelling breath** decrease the number of bad bacteria in your mouth



**Improve the appearance of teeth** regain your white smile by cutting out the tar found in cigarettes



**Lessen the risk of cavities** quitting decreases the number of bacteria produced that is often found in plaque and tartar



**Save taste buds** while you may not regain your full sense of taste back, you can stop further damage from happening, meaning it's important to quit now



**Lessen the risk of gum disease** lessen your chances of getting gum disease and increase your ability to receive surgical treatment for existing gum issues

