



Smoking & Oral Health

American Dental Association & MouthHealthy

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Tobacco Use & Oral Health Facts

Fast facts:

- Cigarettes, smokeless tobacco, and other forms of tobacco cause oral cancer, gum disease, and other oral health problems.
- Untreated cavities (tooth decay) are higher in people who smoke cigarettes. Over 40% of adults aged 20 to 64 who currently smoke cigarettes have cavities, compared to only 20% of adults who never smoked.
- Adults aged 65 or older who smoke cigarettes are twice as likely to have untreated cavities as those who never smoked.
- About 43% of adults aged 65 or older who currently smoke cigarettes have lost all of their teeth.
- Smoking or using smokeless tobacco increases the risk for oral cancer and other head and neck cancers.
- Health care providers in a variety of settings play a critical role in helping people quit using tobacco.

CDC:

<https://www.cdc.gov/oral-health/data-research/facts-stats/fast-facts-tobacco-use-and-oral-health.html>

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Nicotine-Containing Products

- Cigarettes
- Cigars (both premium and non-premium)
- Pipe tobacco
- Hookah (also called waterpipe tobacco)
- Roll-your-own tobacco
- Smokeless tobacco (e.g., chewing tobacco, moist snuff, snus, etc.)
- Dissolvables (e.g., nicotine lozenges, strips, sticks, etc.)
- Nicotine gels (absorbed through the skin).
- Electronic nicotine delivery systems (e.g., e-cigarettes, e-hooka, e-cigars, vape pens, advanced refillable personal vaporizers, e-pipes, etc.).

And be it further.

Good oral health leads to good overall health!



Healthy Teeth:

- Helps us speak clearly
- Supports jaw health
- Assists in chewing our food thoroughly – an essential step in good digestion.
- Looks good – A great source of confidence

What happens inside a smoker's mouth?

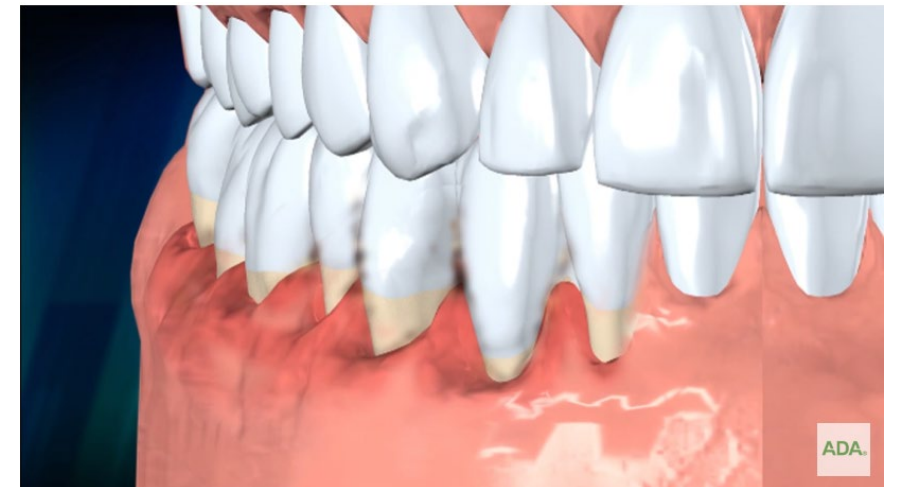


Smoking changes the way your teeth look, function, & even the way you enjoy food:

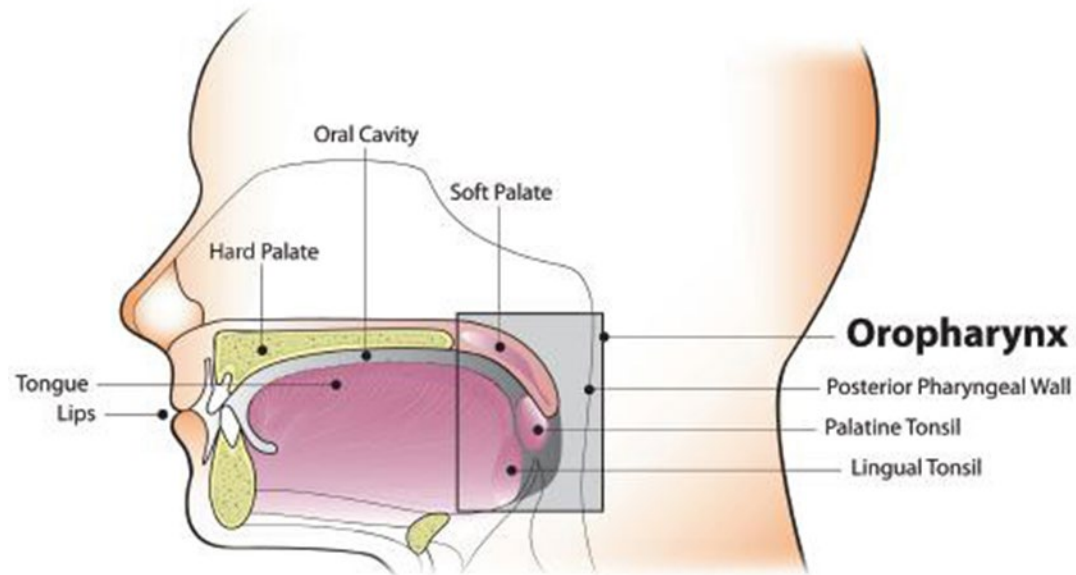
- Tobacco stains your teeth and tongue, often turning tooth enamel yellow or brown.
- Smoking dulls your sense of smell and taste, making your favorite dishes and drinks less pleasurable.
- Cosmetic dental procedures (such as tooth whitening) may not work as effectively or last as long if you smoke.
- Smoking causes chronic bad breath, which can also put a serious dent in your confidence.

How more serious dental issues develop for smokers?

- When you smoke, **the flow of saliva** in your mouth is reduced. This changes the natural process inside your mouth that helps cleanse away cavity-causing bacteria.
- The chemicals found in tobacco smoke **irritate your gums** and the lining of your mouth.
- Gradually, **gingivitis (early gum disease)** can start to develop. Red flags include tender, painful gums and bleeding.
- As these issues continue, your gums can pull away from your teeth and form spaces (deep pockets) where **infection** can develop.
- The bone & tissue that hold your teeth in place may begin to break down, allowing your **teeth to loosen**. They may fall out or need to be pulled by your dentist or oral surgeon.
- **Missing teeth** can threaten the health of your remaining teeth. In fact, smokers are 3x more likely to lose ALL their teeth than non-smokers.



Beyond the mouth: How dental problems affect your total health?



- Smoking can cause life-threatening cancers of the mouth, throat, tongue or jaw. Quitting will reduce your risks for 12 different forms of cancer.
- The major risk factors for Oral Cancer & Oropharyngeal Cancer are tobacco use, alcohol consumption, interaction between heavy use of tobacco and alcohol together.
- Infection with human papillomavirus (HPV) is a major risk factor for oropharyngeal cancer, rather than oral cancer.
- Untreated gum disease – often caused by smoking – has been linked with stroke, high blood pressure, heart disease and dementia.

Warnings & Dangers of Hookah Smoking



- Many people who use water pipes, or hookahs, assume that this form of smoking is safer than others. But research published in the Journal of the American Medical Association (JAMA) shows that hookah smoking is linked with gum disease, dry socket, cancers of the head, neck and mouth and other serious conditions.
- According to the World Health Organization, smoking a hookah is the equivalent of smoking 100 cigarettes, based on the duration and number of puffs in a smoking session.

Is vaping safer for my dental health?

- Around 8% of people in the U.S. use e-cigarettes, one major poll shows
- Decades of research show that smoking and smokeless tobacco products are harmful to dental health. All of these products contain nicotine, which is highly addictive and known to affect brain development in children, teens and young adults.
- The ADA is concerned that treating some devices that deliver nicotine (including e-cigarettes) as safer than other products (such as cigarettes and smokeless tobacco) is not a viable strategy for preventing deaths and disease caused by tobacco use.



Because of the Oral Health Implication of Tobacco Use:



- Dental practices may provide a uniquely effective setting for:
 - Tobacco Use Recognition
 - Tobacco Use Prevention
 - Tobacco Cessation
- Dental professionals can help smokers quit by consistently identifying patients who smoke, advising them to quit, and offering them information about cessation treatment.

Dentist's Role in Preventing Tobacco Use



- Dental Professionals should be fully aware of the oral and maxillofacial health risks that are causally associated with tobacco use, including higher rates of tooth decay, receding gums, periodontal disease, mucosal lesions, bone damage, tooth loss, jawbone loss and more.
- Dental Professionals should routinely screen patients for tobacco and non-tobacco nicotine use and provide clinical preventive services, such as in-office cessation counseling, to prevent first-time tobacco use and encourage current users to quit.
- Dental Professionals and health organizations should provide educational materials to help prevent first-time use and encourage current users to quit.
- These educational materials should be developed or provided by credible and trustworthy sources with no ties to the tobacco industry or its affiliates.



Quitting now leads a healthier life

Step 1: Have a plan

- Once you've set a quit date, develop a plan. Start with the helpful resources at smokefree.gov or call 1-800-QUIT-NOW. Consider downloading an app to track your progress.

Step 2: Don't go it alone

- Tell family and friends you've decided to put down cigarettes for good. Plan to spend time with people who want you to succeed. Ex-smokers might be some of your best allies, since they've been there!

Step 3: Stay busy

- Replace smoking with a healthy habit like walking, working out, knitting, or word games – anything that uses your energy in a positive way. Make plans for dinner or a movie with non-smoking friends. Chew sugarless gum—it keeps your mouth busy and helps prevent cavities, too.

Step 4: Avoid triggers

- Stay away from people, places and things that tempt you to smoke. Common triggers include stress, alcohol, coffee, and hanging out with others who smoke. Throw out cigarettes, lighters and ashtrays so they won't keep prompting you to light up.

Step 5: Reward your progress

- Every hour or day you go without a cigarette is an achievement. Take it a little at a time. With all the money you save on cigarettes, you can treat yourself to a stress-relieving massage, a sporting event or even a weekend away.
- Be sure to ask your dentist for suggestions and support, too. Your dentist cares about your overall health and is there to offer guidance and motivation to help you succeed

SC Tobacco Quitline (1-800-QUIT-NOW)



The SC Tobacco Quitline (1-800-QUIT-NOW) offers free, 24/7 quit support to all SC residents. FREE over-the-counter nicotine replacement therapy products (gum, patch, lozenge) are available, if appropriate.

www.quitnowsc.org

American Dental Association & MouthHealthy



- Smoking: <https://www.mouthhealthy.org/all-topics-a-z/smoking>
- Smoking alternatives: <https://www.mouthhealthy.org/all-topics-a-z/smoking-alternatives>
- Waterpipes: <https://www.mouthhealthy.org/all-topics-a-z/waterpipes/>
- Current Policies-Tobacco Use and Vaping: <https://www.ada.org/about/governance/current-policies#tobacco>
- Cancer (Head and Neck): <https://www.ada.org/resources/ada-library/oral-health-topics/cancer-head-and-neck>

Thank you!

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