

Americans chew  
181 pounds of  
spit tobacco every  
minute!

# Tobacco **FACT** Sheet

[www.tobaccoprevention.org](http://www.tobaccoprevention.org)

## Tobacco and oral health

- Smoking or using spit tobacco can make you four times more likely to develop oral cancer (especially on the rise among women). The use of tobacco products is responsible for 80 to 90% of all oral cancers. Heavy alcohol use combined with heavy tobacco use can increase the risk up to 100 fold!
- Smokers have more calculus than non smokers and heavy smokers have more calculus than light smokers. Smokers and chewers have deeper pockets between teeth and gums, and lose more of the bone and tissue that supports the teeth.
- Nicotine causes vasoconstriction (narrowing of the blood vessels) – certainly an important thing! – has been shown to decrease by as much as 70% in your mouth during the smoking of a cigarette.
- Tobacco use adversely affects your body's immune responses. It reduces the delivery of oxygen and nutrients to gingival tissue, and will impair the body's defense mechanisms making you more susceptible to infections like periodontal disease.
- Some brands of spit tobacco are 20% sugar, and cause a much higher risk of developing cavities.
- All forms of tobacco contain high concentrations of cancer causing agents. These substances subject users to increased cancer risk, not only of the oral cavity, but of the pharynx, larynx and esophagus. Tobacco use leads to tooth abrasion, increased tooth decay, gum recession, nicotine dependence, tooth discoloration and bad breath, unhealthy eating habits, oral cancer and other cancers

### **Five tips for quitting**

Studies have shown that these five steps will help you quit and quit for good. You have the best chances of quitting if you use these five steps to develop and maintain your own quit plan.

1. Get ready.
2. Get support.
3. Learn new skills and behaviors.
4. Get medication and use it correctly.
5. Be prepared for difficult situations.

Talk to your health care provider, they can help. If you do not have insurance or just need to talk call the Washington Tobacco Quitline:

**1-877-270-7876**

For Spanish call

**1-877-2NO Fume**

Visit the Quitline website:

**[www.quitline.com](http://www.quitline.com)**