

# TOBACCO USE = UNHEALTHY MOUTH



You should know that smoking cigarettes could lead to cancer of the mouth, throat and gums. But did you know that chewing tobacco is just as harmful as smoking cigarettes and cigars?

Tobacco use (cigarettes, cigars and chew) can also cause:

- Cavities
- Bone loss
- Bad breathe
- Mouth sores
- Hairy tongue
- Stained teeth
- Shrinking gums
- Decreased sense of taste and smell

**FOR A HEALTHY MOUTH AND  
PRETTY SMILE, CHOOSE NOT  
TO USE TOBACCO!**

Use the Find a Dentist tool on [DentaQuest.com](https://www.dentaquest.com) to find a provider near you or call member services at 1-888-912-3456.



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