

# Smoking and your oral health



## Caring for your health and wellbeing

### The effects of smoking on your teeth, gums and mouth

- Bad breath and taste in the mouth
- White patches inside the mouth
- Gum disease
- Tooth loss
- Mouth cancer.



### Benefits of quitting

- The health of your mouth, gums and teeth will improve if you stop smoking.
- Your sense of smell and taste will improve.
- Your health starts to improve almost straight away.
- Quitting reduces your risk of heart disease, stroke and cancer.
- You will protect your friends and family from second-hand smoke, which can harm their health.
- Think of the money you will save that you can spend on other enjoyable things.



### Want to quit smoking?

Have a chat with your local health service for advice and support.

Or call the Quitline on **13 7848** (13 QUIT) and ask to speak to a counsellor.

They can provide support and help guide you through quitting.

Scan the QR code for further information.

