



Tobacco: Unfiltered Facts

Tobacco use in any form—cigarette, cigar, pipe and smokeless tobacco—increases the risk for a variety of oral health conditions including:

- **Periodontal (gum) disease**
- **Tooth decay, bad breath and stained teeth**
- **Tooth loss**
- **Oral cancer**

Discuss your concerns about tobacco use and its impact on your oral and overall health with your dentist and doctor.

Keeping your smile healthy is an important part of keeping your body healthy. For tips, tools and resources to help you improve and maintain your oral and overall health and wellness, visit Delta Dental's website.