

TOBACCO USE & ORAL HEALTH

Smoking, vaping & smokeless tobacco all impact oral health.



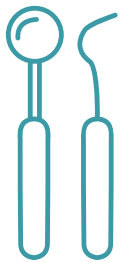
By quitting tobacco & nicotine, you can reduce your risk of oral cancer, tooth loss, and root infection.



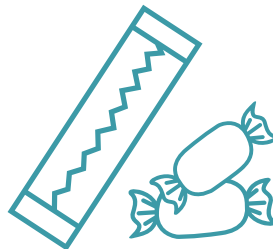
Quitting helps improve staining, reduces dry mouth and improves bad breath.



Food tastes better when your sense of taste and smell improve.



Regularly visit your dentist to identify early oral health problems.



Use sugar free oral substitutes such as sugar free gum or candies.



Use antibacterial mouth rinse and brush your teeth.

WORK WITH A QUIT COACH AND USE MEDICATIONS TO HAVE THE BEST CHANCE OF QUITTING TOBACCO AND NICOTINE FOR GOOD.

For more information, visit njhealth.org/quit tobacco help