

# Alcohol and oral health

How can excessive alcohol consumption effect my oral health?



**CANCER**



**EROSION**



**TRAUMA**

Excessive alcohol is one of the main risk factors that can cause mouth cancer. Smoking and alcohol together greatly increases the risk.

Check for ulcers that have not healed within 3 weeks and unusual red or white patches.

Alcohol especially mixed with fizzy drinks can lead to increased levels of acid in the mouth. This can lead to tooth erosion.

Excessive alcohol consumption is one of the main risk factors in causing violent behaviour or domestic abuse. This can result in trauma to the face and teeth.

**Local Dental Network – Shropshire & Staffordshire**

## Local alcohol support services

Shropshire, Telford and Wrekin – Aquarius - 0300 4564299, <http://aquarius.org.uk/>

Stoke on Trent – Aquarius - 01782 283 113, <http://aquarius.org.uk/>

Staffordshire – Staffordshire and Stoke on Trent Partnership NHS Trust - 0300 111 8006

# Smoking and oral health

How can tobacco use effect my oral health?



**BAD BREATH**

The chemicals in cigarette smoke can linger in the mouth and lungs for hours causing the characteristic smoker's breath.



**STAINING**

The nicotine and tar in tobacco can make teeth go yellow in a very short time. Some of this staining can be permanent.



**GUM DISEASE**

Smoking can increase the number of bacteria in the mouth that cause gum disease. In severe cases this can cause the teeth to fall out.



**CANCER**

Two thirds of mouth cancer cases are linked to smoking. Second-hand smoke increases the risk for those who have never smoked. Ex-smokers reduce their risk by a third.

**Local Dental Network – Shropshire & Staffordshire**

Shropshire – 0345 678 9025  
Stoke on Trent, Telford and Wrekin – 0800 622 6968  
Staffordshire – 0300 111 8006

**Local smoking support services**

**You can also call the national NHS Smokefree helpline on 0300 123 1044.**