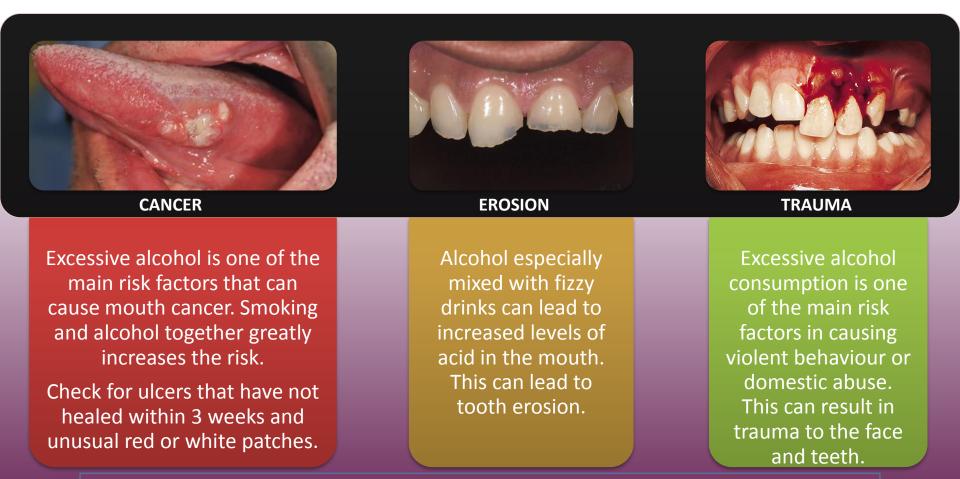
Alcohol and oral health



How can excessive alcohol consumption effect my oral health?



Local Dental Network – Shropshire & Staffordshire

Local alcohol support services

Shropshire, Telford and Wrekin – Aquarius - 0300 4564299, <u>http://aquarius.org.uk/</u> Stoke on Trent – Aquarius - 01782 283 113, <u>http://aquarius.org.uk/</u> 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



STAINING



GUM DISEASE



CANCER

The chemicals in cigarette smoke can linger in the mouth and lungs for hours causing the characteristic smoker's breath. The nicotine and tar in tobacco can make teeth go yellow in a very short time. Some of this staining can be permanent.

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. 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

Local smoking support services

Shropshire – 0345 678 9025 Stoke on Trent, Telford and Wrekin – 0800 622 6968 Staffordshire – 0300 111 8006 You can also call the national NHS Smokefree helpline on 0300 123 1044.