

Tobacco and Periodontal (gum) Disease

Periodontal disease is a gum infection that destroys the tissues and supporting bone that hold the teeth in the mouth. If left untreated, tooth and bone loss can occur. The main cause of periodontal disease is bacterial plaque, a sticky, colorless film that constantly forms on teeth.¹

Tobacco Use

- Tobacco use is a preventable risk factor for periodontal disease.²
- Smoking may be responsible for more than half of the cases of periodontal disease among adults in the U.S.³
- Tobacco use promotes the development of plaque on the teeth and weakens the body's defenses against bacteria in the mouth.⁴
- Smoking interferes with the body's ability to fight infection and repair tissue by reducing the delivery of oxygen and nutrients to the gums.²
- The grit and sugar in smokeless tobacco further contribute to tooth decay.⁵
- The chemicals in tobacco can slow down the healing process following periodontal treatment or oral surgery.²

Smokers vs Nonsmokers

- Smokers are four times more likely than nonsmokers to develop gum disease.⁶
- Smokers are twice as likely as nonsmokers to lose all of their teeth. A pack-a-day habit costs smokers on average, two teeth every 10 years.⁷
- Researchers have also found that the following problems occur more often in those who use tobacco products:²
 - * Oral cancer
 - * Stained teeth
 - * Loss of taste
 - * Mouth sores
 - * Bad breath
 - * Bone loss
 - * Gum recession
 - * Facial wrinkling

Not Just Cigarettes

Other tobacco products can be harmful to your dental health.

- Not only does smokeless tobacco cause bad breath and tooth discoloration, but it promotes tooth decay which can lead to gingivitis, periodontal disease, tooth and bone loss.⁵
- Cigar and pipe smokers experience tooth and bone loss at a rate similar to cigarette smokers.²

For More Information:

Utah Oral Health Program

801-538-9177

<http://health.utah.gov/oralhealth/>



Utah Tobacco Prevention and Control Program

1-877-220-3466

www.tobaccofreeutah.org

Helping Tobacco Users Quit

Free, statewide services to help tobacco users quit include:

The Utah Tobacco Quit Line

The Utah Tobacco Quit Line is a free, telephone-based service designed to help people quit tobacco. Be connected with a specially trained coach who will help you develop a personalized quit plan, and guide you through the quitting process. Call:

English: 1.800.QUIT.NOW (1.800.784.8669)

Spanish: 1.877.629.1585

TTY Hearing, Speech Impaired: 1.888.229.2182

For more information about the Utah Tobacco Quit Line, visit

www.tobaccofreeutah.org/quitline.htm

Utah QuitNet

Utah QuitNet is a free, internet-based service designed to help individual tobacco users through the quitting process. As a member you'll have access to the world's largest online community of smokers and ex-smokers helping each other to quit and stay quit. For more information, visit www.utahquitnet.com.

¹ MedicineNet.com "Definition of Periodontal Disease" 30 November 1999. 31 December 2007. <<http://www.medterms.com/script/main/art.asp?articlekey=11878>>

² American Academy of Periodontology. "Tobacco Use and Periodontal Disease." 11 June 2004. 31 December 2007 <<http://www.perio.org/consumer/smoking.htm>>

³ Tomar SL, Asma S. (2000). Smoking-Attributable Periodontitis in the United States: Findings From NHANES III. *Journal of Periodontology* 71:5, 743-751. Available online at <<http://www.joonline.org/doi/abs/10.1902/jop.2000.71.5.743>>

⁴ The Scoop On Smoking. "Periodontal Disease." The American Council on Science and Health. 19 December 2007.

<<http://www.thescooponsmoking.org/xhtml/effects/periodontalDisease.php#top>>

⁵ American Academy of General Dentistry. "Is Spit Tobacco Safe?" 19 December 2007. <<http://www.agd.org/support/articles/?ArtID=1356>>

⁶ Kerdvongbundit V, Wikesjo UM. Prevalence and severity of periodontal disease at mandibular molar teeth in smokers with regular oral hygiene habits. *Journal of Periodontology* 2002;73:735-740.

⁷ Academy of General Dentistry. How many teeth are in that cigarette pack (fact sheet, undated). Available online at www.agd.org/consumer/topics/tobacco/cigarettes.html