

# Smokeless Tobacco

## The myth of safety

Smokeless tobacco is not safe, because just like cigarettes, it contains addictive nicotine and dangerous chemicals. In addition, smokeless tobacco is processed with nearly as much sugar as there is in candy.



*Receding gums*



*Periodontal disease*



*Tooth decay*



*Smokeless tobacco*



*Tobacco stains on teeth*

## Dental problems caused by smokeless tobacco

Smokeless tobacco can cause a number of problems with your oral health. Not only does that little pinch between your cheek and gums give you unsightly stains and bad breath, it is a hot spot for tooth decay, which can lead to fillings, crowns and root canal therapy.

Smokeless tobacco also causes receding gums and tooth abrasion, both of which can lead to sensitive teeth. It also contributes to periodontal disease that can lead to more infection and loss of teeth and bone.

## Dangerous health risks of smokeless tobacco

Using chewing tobacco can also lead to mouth sores, and some of these sores become cancerous. This is serious because oral cancer can kill.

Smokeless tobacco leads to many other painful and debilitating diseases such as stomach ulcers, high blood pressure, diabetes, heart disease, clogged arteries and stroke.

Our advice: To protect your oral and overall health, do not use smokeless tobacco. If you have already started, quit now.