

Smoking & Oral Health



لا للتدخين من أجل صحتك و صحة الآخرين

www.ngha.med.sa/English/nosmoking/
www.ngha.med.sa/Arabic/nosmoking/

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How does smoking affects oral health?

Smoking affects the health of the body in general, leading to several diseases such as:

Heart disease
Lung Disease
Cancer
Arteriosclerosis
Ulcers

It also increases the proportion of patients with serious pressure, diabetes and affects a pregnant woman and fetus.



The effect of smoking on the health of the mouth (gums and teeth)

Smoking causes the appearance of dark spots on the teeth as well as leads to tooth loss and oral and gum cancer.

Why are teeth stained?

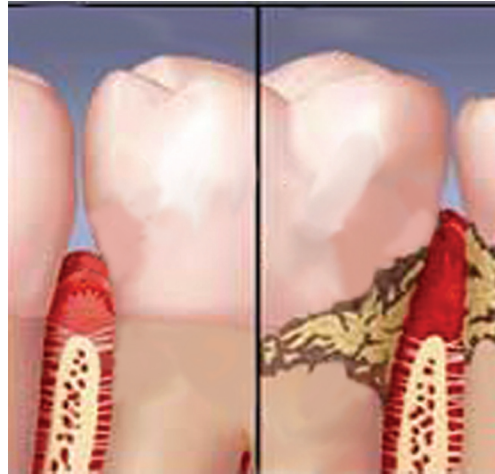
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Does smoking harmful to teeth and gums?

Smoking causes increasing proportion of plaque in the mouth and thus doubling the proportion of bacteria that cause gum chronic disease.

Smoking causes a lack of oxygen in the blood circulation to the gums, leading to slow healing of gum inflammation and thus twice the gums and tooth loss easily.

What is the relationship between smoking and cancer?

It is well known that smoking is a major cause of cancer and cancer of the mouth is the most common cancers, the main cause of which is and oral cancer does not cause any pain in the first phase, only a dentist can recognize it.

What about the mouthwashes?

Smoker always suffer from bad breath, mouthwash and cleanser can banish bad breath for a short period only.

When does the smoker should visit the dentist?

You should visit the dentist regularly twice a year, or at least once a year and could require more visits, as determined by your doctor and smokers in particular, need to visit a specialist oral health down to remove the discoloration of the teeth and gum care.

Is the smoker needs any extra dental treatment?

The dentist usually inspects (the teeth, gums, tongue, throat) to make sure the absence of any symptoms of chronic diseases requiring additional tests.

The dentist also guides you to join programs for smoking cessation and provide you with names and numbers of clinics, or association for smoking cessation.

Prophylaxis:

- You must stop smoking because it causes serious illnesses by participating in the program to stop smoking done by some hospitals or Anti-Smoking Society. They will help you to stop smoking, but there must be a will to succeed.
- Take up a healthy diet and drink a lot of liquids
- Exercise
Cleaning teeth and gums, using brush and toothpaste containing fluoride and the use of dental floss.
- Periodic check on the teeth every six months with a Doctor
- Ask the dental hygienist in the right way to clean teeth.

