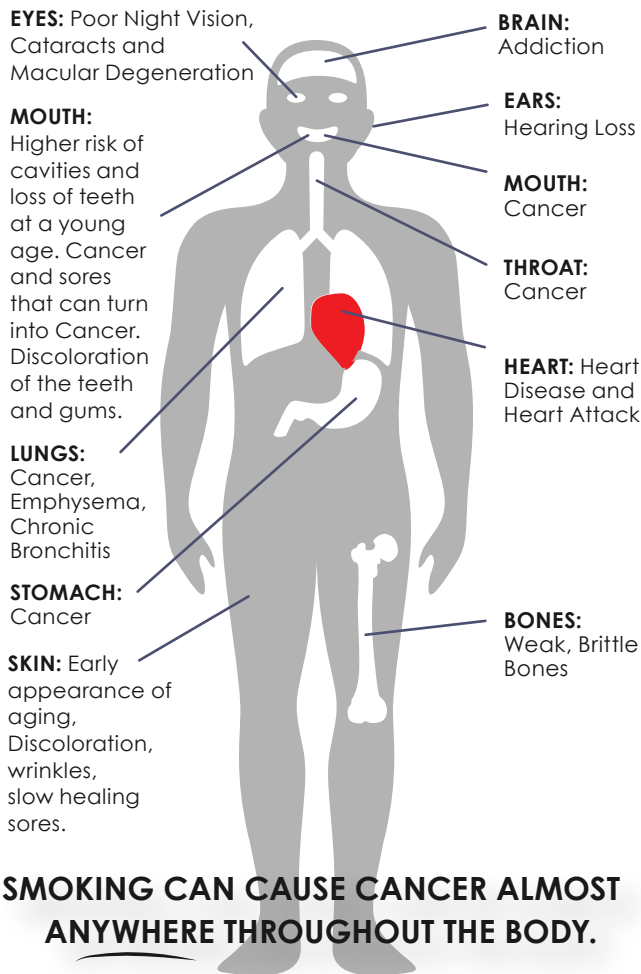


YOUR MOUTH IS THE GATEWAY TO YOUR BODY

When your mouth is unhealthy you are more likely to develop infected or inflamed gums. Inflammation in your mouth can release chemicals into your body that can cause disease.



SMOKING CAN CAUSE CANCER ALMOST ANYWHERE THROUGHOUT THE BODY.

202BTP05102017ENG

THE BENEFITS TO QUITTING

Immediate Benefits To Quitting

- ➔ Improved taste and smell
- ➔ Improved breathing
- ➔ Cough starts to go away

After 12 hours

- ➔ The carbon monoxide level in your blood drops to normal

Within 20 days

- ➔ Your heart rate and blood pressure drop

Within 3 months

- ➔ Your circulation and lung function improve

Within 9 months

- ➔ You will cough less and breathe easier

After 1 year

- ➔ Your risk of coronary heart disease is cut in half

After 5 years

- ➔ Your risk of cancer is cut in half

After 10 years

- ➔ You are half as likely to die from lung cancer

After 15 years

- ➔ Your risk of coronary heart disease is the same as a non-smoker



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SO, YOU WANT TO QUIT?



HOW SMOKING AFFECTS YOUR ORAL HEALTH



ADVANTAGE DENTAL
EDUCATION SERIES

REASONS TO QUIT

- More energy
- Better sense of smell and taste
- Keep your teeth and better breath
- Breathing easier and coughing less
- Lower risk of cancer, heart attack, stroke, and cataracts
- Better skin—less wrinkles
- Lower risk of an early death
- Your friends, family and others will be proud of you
- You won't be exposing your family, children, friends and co-workers to second hand smoke
- Your family will be healthier; with, less ear infections, coughs and asthma attacks
- You will have more money in your pocket - an average of over **\$1,000** per year*

NON-SMOKER'S MOUTH

Better skin, less wrinkles and a more youthful appearance. Healthy gums and whiter teeth.

Better breath. Breathing easier and less coughing.

Lower risk of Cancer, Heart Attack, Stroke, and Cataracts. Lower risk of an early death.

SMOKER'S MOUTH

Gum disease—a leading cause of tooth loss. Delayed healing from tooth extractions, periodontal treatment or oral surgery. Lower success rate for dental implants.

Premature aging. Increased wrinkles, especially around the mouth. Stained teeth and tooth decay.

High risk of Oral Cancer. Precancerous sores and growths. Sores that are slow to heal. White patches called Leukoplakia.

Furry or "Hairy" tongue. Bad breath.

WHAT NOW?

- ✓ SET A 'QUIT' DATE & PUT IT ON A CALENDAR
- ✓ TELL YOUR FAMILY & FRIENDS
- ✓ EXPECT AND PREPARE FOR THE CHALLENGES
- ✓ GET RID OF ALL THE TOBACCO PRODUCTS IN YOUR HOME
- ✓ TALK TO YOUR HEALTH CARE PROFESSIONAL
- ✓ KNOW YOUR TRIGGERS
- ✓ REWARD YOURSELF
- ✓ STAY POSITIVE
- ✓ FIGHT THE CRAVINGS
- ✓ KEEP A LIST OF RESOURCES WITH YOU AT ALL TIMES

NOW THAT YOU HAVE QUIT, YOU MAY FEEL WORSE BEFORE YOU FEEL BETTER—BUT DON'T LET THIS DISCOURAGE YOU; IT IS A SIGN YOUR BODY IS HEALING!

So be prepared to deal with some of the road blocks such as; weight gain, cravings and withdrawals, before you get to them.



* Based on smoking 13 cigarettes per day with an average annual increase in price of 6%.