

# Smoking and Oral Health

Cigarette smoke has more than 7,000 chemicals, including 70 known to cause cancer.

Many people know that smoking can lead to lung cancer, but it can lead to other cancers and diseases too.

Smoking also increases your chance of heart disease, stroke, diabetes, and infertility.



## Did you know it can also damage your oral health?

### Smoking causes:



#### Bad Breath

After smoking, an odor stays in your mouth, hair, and clothing. The more you smoke, the worse your breath is.



#### Stained Teeth

Tar from cigarettes can turn teeth yellow, brown, or even black. Smoking ruins your smile.



#### Gum Disease

Smoking can lead to infection of the gums and bone that support your teeth. People with gum disease will have red, swollen gums. In the worst case, you may lose teeth. Smokers are twice as likely to get gum disease as nonsmokers.



#### Oral Cancer

Tobacco use is a huge risk factor for oral cancer, including cancers in the mouth and throat. Smokers are 3 to 10 times more likely to get oral cancer than nonsmokers.



CHARLES B. WANG  
COMMUNITY HEALTH CENTER

General Info Line (212) 226-8339

Website [www.cbwchc.org](http://www.cbwchc.org)

268 Canal Street, New York, NY 10013

Internal Medicine (212) 379-6998  
Obstetrics & Gynecology (OB/GYN) (212) 966-0228

125 Walker Street, 2/F, New York, NY 10013

Pediatrics (212) 226-3888  
Teen Resource Center (TRC) (212) 226-2044  
Dental (212) 226-9339

136-26 37th Avenue, Flushing, NY 11354

Obstetrics & Gynecology (OB/GYN) (718) 886-1287  
Pediatrics (718) 886-1222

131-72 40th Road, Flushing, NY 11354

Internal Medicine (718) 587-1111  
Dental (718) 587-1111

137-43 45th Avenue, Flushing, NY 11355

Internal Medicine, Pediatrics, and Gynecology  
(929) 362-3006

Health Education Department (212) 966-0461

Social Work Department

Manhattan (212) 226-1661  
Queens (718) 886-1212

Need Health Insurance? We Can Help!

Manhattan (212) 226-8339  
Queens (646) 899-0444

## Protect Your Oral Health

- See the dentist regularly to spot any problems and treat them early.
- Quit smoking now. This is the best way to keep your mouth healthy.

## Need Help Quitting?

The Charles B. Wang Community Health Center offers FREE quit smoking services, call us today:

(718) 661-6040

(Saturday, Sunday, Monday – Wednesday 9:00 a.m. - 5:00 p.m.)

(929) 362-3006 ext. 3309

(Monday – Friday 9:00 a.m. - 5:00 p.m.)

