



What tobacco products cause oral health problems?

Both smoked and smokeless tobacco products like chewing tobacco cause oral health problems.

These products include:

- Cigarettes
- Cigars
- Pipes
- Bidis
- Chewing tobacco (loose leaf, plug, twist)
- Snuff

How does tobacco use affect my oral health and appearance?

- Increases your risk of:
 - Oral cancer
 - Gum disease (periodontitis)
 - Tooth loss
 - Cavities
 - Dental implant failure
- Increases the time it takes for wounds to heal in your mouth
- Decreases your ability to taste and smell
- Stains your teeth
- Causes darkening of the gums (melanosis)
- Causes bad breath and dry mouth

How will my oral health benefit if I quit using tobacco?

- Five years after you quit tobacco, your risk of getting oral cancer is cut in half
- Your teeth and gums will be healthier
- You improve your chances of keeping more of your own teeth

I want to quit using tobacco — how do I get started?

- Talk to your VA health care provider about cessation medications and counseling to treat your tobacco use.
- Call VA's tobacco quitline at **1-855-QUIT-VET** (1-855-784-8838) Monday–Friday. Available in English & Spanish.
- Sign up for VA's SmokefreeVET text messaging program—text the word **VET** to **47848** (mandate **VETesp** at **47848** para ayuda en español) or visit smokefree.gov/VET.

