

A Healthier Smile Starts Here

Your **health care team** is key to keeping you on track. Spotting and treating health problems early can help reduce the overall damage.

In addition to **quitting**, be sure to visit your providers — **especially your dentist**.

The only person who knows your mouth more than you is your **dental team**.

TIP: Conduct an oral cancer exam at home on your own.

Learn how here! →



**PREVENTION IS
MORE EFFECTIVE THAN
DAMAGE CONTROL!**


Quit your habit to protect your smile.



Sources of Information: QuitTobaccoSD, American Dental Association, Cleveland Clinic, American Heart Association, National Cancer Institute, CDC, American Academy of Periodontology



DID YOU KNOW...

Your oral health can change **within minutes** of quitting. 

20 Minutes — Blood pressure and heart rate start to drop.

48 Hours — Nerve endings start to regrow. Taste and smell begin to improve.

2-12 Weeks — Circulation improves, and lungs and mouth begin healing.

3+ Months — Gums begin to heal and reattach, improving oral health.

You Can Protect Yourself & Your Loved Ones

Did you know that people 13 and older who smoke, vape, chew, or use nicotine pouches may be eligible to receive **FREE*** help to fit their needs?

Want to learn more?



Visit **SDQuitLine.com**

Call **1.866.SD-QUITS**
(1-866-737-8487)

*Any medication and nicotine replacement therapy options vary based on your age. Prescription medications require a prescription from a provider. Clinic costs may apply but the prescription itself is free with enrollment.

Paid for by the South Dakota Department of Health.



**WATCH YOUR
MOUTH**

**Your smile is your
first impression.
MAKE IT A GOOD ONE.**

SOUTH DAKOTA
QUITLINE

SDQuitLine.com



There is **no risk-free level of exposure** to any tobacco and nicotine products — including cigarettes, cigars, vape devices, nicotine pouches and chewing tobacco.

It starts immediately with tobacco and nicotine byproducts mixing with your saliva and forming harmful compounds that settle in crevices and along the gumline. Plus, nicotine reduces your blood flow and slows your immune system's response to bacteria, putting you at risk.

Your mouth can hide problems. So even if you may not feel any pain, discomfort or differences, you may still be at risk for a variety of oral health problems, such as:

- Cancers of the mouth, esophagus, larynx and more
- Dry mouth leading to persistent bad breath
- Periodontal disease in gums and jaw
- Development of cavities
- Loose or decaying teeth
- Tooth and bone loss
- Receding and bleeding gums
- Oral sores and lesions

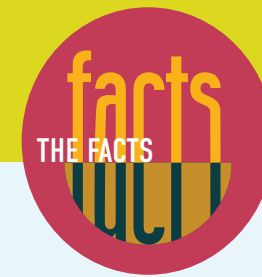


❌ Brushing, flossing and using mouthwash **cancels out** the negatives.

❌ I only use on the weekends with friends, so it **doesn't count**.

❌ Nicotine pouches are **way better** than chewing or smoking.

❌ Vaping **isn't bad** — it tastes good and doesn't gunk up my mouth.



✅ Good dental hygiene can't reverse gum recession, stop cancer from developing or prevent lesions from tobacco or nicotine.

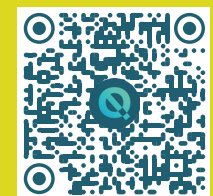
✅ Any tobacco or nicotine use weakens your immune response, breaks down gum tissue and increases cancer risks.

✅ Despite being spit- and tobacco-free, pouches have a high concentration of nicotine and may speed up addiction.

✅ Vaping is a chemical cocktail that can inflame your gums, kill cells in your mouth, erode your enamel and cause dry mouth.



TIP: Do your research!



Learn more at
quittobaccoad.com/quit-tobacco/oral-health