



**Your smile is your first impression
— make it a good one.**

Food. Drinks. Smokes. E-cigarettes. Snuff. Everything you put in your mouth has an impact on your teeth, gums and overall oral health. When you smoke, chew or vape, you're putting yourself at risk for many oral health issues.

What You'll See & Smell

Over a short time, the tar and nicotine in your cigarettes can lead to yellow and eventually brown staining on your teeth. Additionally, smokers, vapers and chewing tobacco users are at risk for symptoms like dry mouth, bad breath, sores, tooth decay and cavities.

What's Inside

When you smoke, your immune system weakens, making you more likely to contract gum disease and suffer symptoms like:

- **Loose or sensitive teeth**
- **Red, swollen, tender or bleeding gums**
- **Painful chewing**
- **Gums pulling away from teeth**

One of the most serious dangers for your oral health is the threat of oral cancer and other cancers of the esophagus, pharynx, larynx, stomach and pancreas.

**Watch Your Mouth,
South Dakota.**





Your Mouth Deserves to Quit

Leave your tobacco habit
in your past.

Contact the South Dakota QuitLine

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

Monday to Friday — 7 a.m. to 9 p.m.

Saturday — 9 a.m. to 5 p.m.

Visit SDQuitLine.com

24/7 Online Enrollment

SOUTH DAKOTA

QUITLINE

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Paid for by the South Dakota Department of Health.