



Your smile is your first impression —
make sure you lead with a good one.

What you eat, what you drink, what
you smoke, what you chew — it all has
an impact on your oral health.

When you smoke, chew or vape,
it causes:

- **YELLOWING**
- **DECAY**
- **GUM DISEASE**
- **LOSS OF TEETH**
- **ORAL CANCERS**

It's not a good look.



**WATCH
YOUR MOUTH,
SOUTH DAKOTA.**

Ready to quit and stay quit?
Talk to the SD QuitLine today.



1.866.SD-QUITS SDQuitLine.com