

**Butt out!**  
Light up your life!



Do you know  
**what smoking does**  
to your oral health?



[www.odq.qc.ca](http://www.odq.qc.ca)



Face it!  
**Smoking**  
undoes all  
your efforts to  
keep an attractive smile  
and a healthy mouth.

## **Smoking is bad for your oral health**

Smoking causes some fifty different illnesses, including the following oral problems:

- Oral cancer, cancer of the tongue, throat, etc.
- Gum diseases that can eventually cause you to lose your teeth
- Irreversible receding of gums
- Less chance of success for certain treatments, including dental implants
- Slower recovery from oral surgery, including tooth extraction
- Mouth infections
- Persistent cough and sore throat
- Bad breath

## Smokers don't look good

There's no getting around it — your looks do matter to other people. Most smokers can't avoid:

- Yellow teeth, stains on their teeth and sometimes on their gums
- Tartar and plaque build-up on their teeth

## Smoking dulls your taste and smell

As everyone knows, smokers don't enjoy their food as much. But your senses of taste and smell will gradually improve as soon as you stop smoking.

## Tell-tale signs

Smoking has visible effects: premature wrinkles, dull and greyish skin colour and nicotine-stained fingers. Not to mention that smell of smoke in your hair and clothes.



## Free Resources

# Ready to stop smoking?

Take advantage of these services:

**A national toll-free telephone line:  
1 888 853-6666**

Ask the experts about quitting. They'll be able to give you information and helpful reading material, suggest ways of quitting suited to your specific needs or refer you to other resources. The service is available Monday to Friday from 8 a.m. to 8 p.m.

## The [www.jarrete.qc.ca](http://www.jarrete.qc.ca) Website

This interactive gateway site has all sorts of on-line services to help smokers quit, along with a chat room and a mutual support forum. You can also consult a list of quit-smoking centres to find the one closest to you.

## Quit-smoking centres

Quit-smoking centres offer individually tailored services. Experts will advise you on how best to butt out for good.

