

## Signs and Symptoms of Oral Cancer

- A sore in the mouth that does not heal
- A white or red patch on the gums, tongue, tonsils or lining of the mouth
- Pain, tenderness or numbness anywhere in your mouth or lip that does not go away
- Trouble chewing or swallowing

Quitting all forms of tobacco use is critical for good oral health and the prevention of serious or deadly diseases.

Call the Mississippi Tobacco Quitline for free assistance to help you quit.

**1-800-QUIT-NOW**  
**(1-800-784-8669)**  
**[www.quitlinems.com](http://www.quitlinems.com)**



MISSISSIPPI STATE DEPARTMENT OF HEALTH

# Tobacco Use and Oral Health





# Tobacco doesn't just stain your teeth and give you bad breath.



*Smoking and using spit tobacco are closely connected to tooth loss and cancer of the head and neck. Your risk of oral and throat cancer may be even greater if you use tobacco and drink alcohol frequently.*

Any tobacco use can cause infections and diseases in the mouth. Tobacco includes:

- Cigarettes
- Cigars, pipes
- Little cigars, cigarillos
- Snuff, dip, chew
- E-cigarettes, vaping products

## E-Cigarettes

- E-cigarettes are tobacco products.
- E-cigarette liquid or juice contains nicotine.
- Nicotine is the addictive substance in all tobacco products. This makes it hard to stop using tobacco products.
- There is no safe level of nicotine for the body.
- E-cigarette use and smoke can harm the body.

**MOUTH** – There is a strong link between cancer of the mouth and tobacco use. About 75% of people with cancer of the mouth are tobacco users.

**TEETH** – Spit tobacco use stains the teeth and may cause tooth pain and tooth loss. Spit tobacco is high in sugar and can also cause cavities.

**LIPS** – Spit tobacco use can cause sores and cancer on the lip.

**CHEEKS** – Spit tobacco can cause white sores on the inner lining of the mouth and tongue, which may turn to cancer.

**GUMS** – Tobacco can cause infection of the gums, which causes teeth to become loose.

**THROAT** – Smoking and spit tobacco are the main causes of throat cancer. Most head and neck cancers are caused by tobacco use.

**TONGUE** – Smoking and spit tobacco use can dull the sense of taste and cause bad breath. They may also cause more bacteria and yeast to grow in the mouth.