



# How smoking affects your mouth

## Easy Read version



To have a healthy mouth, you need healthy gums and teeth.



If you smoke, you are damaging your whole mouth.



Your gums might become sore and red, your teeth might become loose and fallout, this is called **gum disease**.



You might get a dry mouth, this can cause holes in your teeth and is called **tooth decay**.



You also have a higher chance of getting **mouth** or **throat cancer**, which is life threatening.



Sores around your mouth, lips and tongue may take longer time to heal.



You should see a dentist if these sores don't heal within three weeks.

## Smoking can also:



- make your teeth and gums yellow or brown



- give you bad breath



- change how well you can taste food.





## What happens if I quit smoking?



You are less likely to get gum disease or tooth decay.



Your risk of mouth and throat cancer will reduce.



Your mouth will look and feel healthier.



Your breath will smell better.



You will be able to taste food again.





## How do I quit smoking?



To stop smoking you can get help from:

- your dentist
- your doctor
- a pharmacist
- a health professional.



You can get information about quitting from Quitline.



13 78 48



[www.quit.org.au](http://www.quit.org.au)

## Contact us



[www.dhsv.org.au](http://www.dhsv.org.au)



DentalHealthVic



@VicDental



This Easy Read document was created by the Information Access Group using PhotoSymbols, stock photography and custom images.

The images may not be reused without permission. For any enquiries about the images, please visit [www.informationaccessgroup.com](http://www.informationaccessgroup.com).

