

SMOKING. WORST DECISION EVER



More people in Australia die from diseases caused by smoking than anything else.

Smokers have
a greater risk
of oral cancers
and gum disease
leading to tooth loss.

FACT



WHATEVER, ALL THAT IS LIKE, A MILLION YEARS AWAY

Every cigarette you smoke now adds to your risk of severe gum disease, losing your teeth, dying from heart disease, stroke and many types of cancer.

NOT SMOKING WILL MAKE YOU MORE ATTRACTIVE (SERIOUSLY!)

Bad breath, yellow fingers and teeth, smelly hair and clothes, stained fingers... ew! These ugly effects of smoking usually go away after quitting.



IF YOU SMOKE, QUIT 4 GOOD

Your mouth will thank you and your general health will improve as soon as you quit. Go to www.quit.org.au or www.oxygen.org.au, or phone the Quitline **13 78 48**, to find out more.