



TIPS FOR A HEALTHY MOUTH

Brush your teeth **twice a day** with a fluoride (floor-ide) toothpaste and use a soft bristle brush to help **prevent tooth decay**.

Floss in between your teeth at least once a day.

Eat a healthy diet full of fruits, vegetables, whole-grains and drink plenty of water.

Visit the dentist regularly and replace your toothbrush once **every three months**.

RESOURCES TO QUIT SMOKING

Smoking Cessation "Quit Clinic"

909-580-6167

Group Counseling sessions at Arrowhead Regional Medical Center

California Smokers' Helpline

1-800-662-8887

Free telephone counseling, self-help materials and online help in six different languages

National Network of Tobacco Cessation Quitlines

1-800-784-8669

Receive free resources and information in your state and talk to a counselor

American Lung Association

909-884-5864

Group cessation classes for youth and adults in San Bernardino

Smokefree.gov

Provides tools, tips and a step-by-step guide to quit smoking. LiveChat with a counselor today!

For more information, please contact:

Smile San Bernardino County

info@smilesbc.org

www.smileSBC.org



SMOKING AND ORAL HEALTH

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Public Health

WHY IS SMOKING BAD FOR YOUR TEETH?

Smoking *can leave you with:*

- Stained teeth and tongue
- Dulled sense of taste and smell
- Bad breath

Smoking *puts you at risk for:*

- Gum disease
- Tooth loss
- Oral cancer

www.smileSBC.org



Smoking can lead to **bad skin, bad smelling clothes and hair, poor sports performance, longer healing times and risk of illness.**



DID YOU KNOW?

Any kind of tobacco can harm your health (hookah, smokeless tobacco, e-cigarettes and vaping machines).

One session of smoking hookah can be the same as **smoking 100 cigarettes.**

One can of smokeless tobacco **has as much nicotine as 60 cigarettes** (or three packs of cigarettes).