



## TIPS FOR A HEALTHY MOUTH

Brush your teeth **twice a day** with a fluoride toothpaste.

**Floss** at least once a day.

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

**Visit the dentist** 2x a year.



## RESOURCES

**Smile, California**  
Find a Medi-Cal Dentist  
[www.smilecalifornia.org](http://www.smilecalifornia.org)

**Tri-County Dental Society**  
Find a Low-Cost Dentist  
[www.tcds.org](http://www.tcds.org)

**Connect IE**  
Find Dental and Other Services  
[www.connectie.org](http://www.connectie.org)

**Smoking Cessation - Quit Clinic**  
Group Counseling and Classes  
[www.arrowheadregional.org](http://www.arrowheadregional.org)

**California Smokers' Helpline**  
Resources to Quit Smoking  
[www.nobutts.org](http://www.nobutts.org)

**smokefree.gov**  
Resources to Quit Smoking  
[www.smokefree.gov](http://www.smokefree.gov)

**American Lung Association**  
Resources to Quit Smoking  
[www.lung.org](http://www.lung.org)

For more information, please contact:  
**Smile San Bernardino County**  
[info@smilesbc.org](mailto:info@smilesbc.org)  
[www.smileSBC.org](http://www.smileSBC.org)

**smile**  
SAN BERNARDINO COUNTY

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**SMOKING AND  
ORAL HEALTH**

**Public Health**

[www.smilesbc.org](http://www.smilesbc.org)



## 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](http://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).