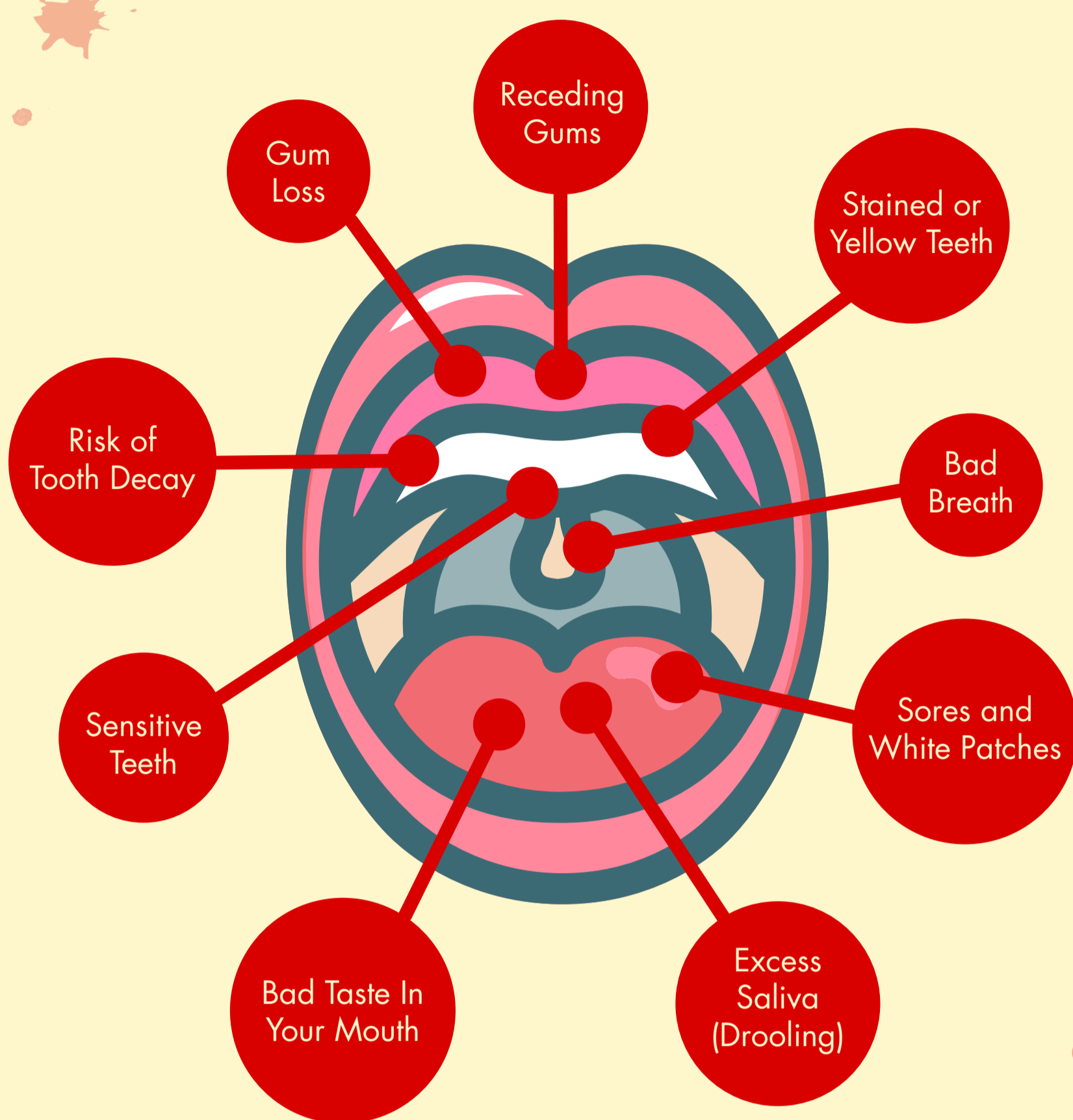


# CHEWING YOUR HEALTH AWAY

## The Short & Long Term Effects Chewing Tobacco Has On Your Health

### SHORT-TERM EFFECTS OF CHEWING TOBACCO

While any type of tobacco is bad for your teeth, there are some unique short term effects of chewing tobacco. Some of these include:



These are the effects that can occur after just a short period of usage. Most of these issues (aside from staining and gum issues) can be stopped if you stop using chew. However, many people have a hard time with this due to the addictive qualities of nicotine.



### LONG-TERM EFFECTS OF CHEWING TOBACCO

For those who can't kick the habit, there are other serious side effects.



Bone loss surrounding the roots of teeth



Cancer of the mouth, tongue, cheek, gums, esophagus, stomach, pancreas and throat



Loss of teeth



Increased risk of heart disease, heart attacks and stroke



Cavities

AS WITH MOST HARMFUL SUBSTANCES,  
THE LONGER YOU USE CHEW,  
THE MORE SEVERE THE  
SIDE EFFECTS WILL BE.



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