

# Dental FAQs

(Vignesh Dental Speciality Center)

## Dental FAQ

Google™ Custom Search

## Smoking is Injurious to Oral and Dental Health!

[Click on the links below to go to relevant paras](#)

1. Introduction
2. Overview
3. History
4. Oral and Dental Health Problems that occur due to smoking
5. Avoidance of oral and Dental health problems
6. Related Links



Abscess  
ANUG  
Baby bottle Tooth Decay  
Bad breath  
Black Hairy Tongue  
Bleaching/ whitening  
Bleeding Gums  
Bone & Tissue Grafting  
Brushing  
Bruxism  
Burning Mouth Syndrome  
Candidiasis  
Caries/ Cavities  
Child Dental Health  
Cosmetic Dentistry  
Crowns

### Introduction

Smoking is injurious to Oral and Dental Health! Have you ever heard of this slogan? Every one of us

- [Crowns](#)
- [Dental Bridges](#)
- [Dental Implants](#)
- [Dental Phobia](#)
- [Dental Sealants](#)
- [Dental Veneers](#)
- [Diabetes](#)
- [Diastema](#)
- [Dry Mouth](#)
- [Dry Socket](#)
- [Early Childhood Tooth Decay](#)
- [Flossing](#)
- [Fluoride](#)
- [Gingivitis](#)
- [Guided Tissue Generation](#)
- [Gum Diseases](#)
- [Halitosis](#)
- [Meth mouth](#)
- [Missing Teeth](#)
- [Mouthguards](#)
- [Mouthwash](#)
- [Myths](#)
- [Oral Cancer](#)
- [Oral Fibrosis](#)
- [Oral Piercing](#)
- [Oral Thrush](#)
- [Orthodontics](#)
- [Osteonecrosis](#)
- [Papoose Board](#)
- [Parafunctional Habits](#)
- [Periodontitis](#)
- [plaque](#)
- [Root Canal](#)
- [Saliva](#)
- [Sensitivity](#)
- Smoking**

would have heard, seen or written about 'Smoking Is Injurious to Health'. We have seen this slogan on the cigarette packs as well as in other anti-smoking posters. There is no poster that explicitly talks about the ill-effects of smoking on oral and dental health. Although Oral and Dental health comes under the whole gambit of Health, very few realize it until the damage occurs beyond repairs. According to NHIS survey, 2008 conducted by National Center for Health Statistics, USA, 24.8 million men (23.1 percent) and 21.1 million women (18.3 percent) are smokers.

**Ads by Google**

- [Stop Smoking Help](#)
- [Gum Disease](#)
- [Dental Tooth Implant](#)
- [Quit Smoking](#)
- [Dental Health](#)

**Ads by Google**

- [Smoking Pictures](#)
- [Smoking Effects](#)
- [Dental Dentist](#)
- [Smoking Facts](#)
- [Smoking Disease](#)

**Ads by Google**

[Smoking Lung](#)

[Smoking Pics](#)

**Overview**

Smoking is inhalation and exhalation of fumes by the burning of tobacco in cigars, cigarettes and pipes. Many of us are aware that smoking is bad for health; however most of us are not aware of the fact that smoking contributes for many dental problems. Smoking cigarettes, cigars, smokeless tobacco, hookah water pipes and any other form of tobacco intake causes dental problems. Dentists should try and educate their patients regarding the damage that smoking can cause to their dental health. Just like any other part of the body teeth and gums are very important and should be taken care of properly.

**History**

The growing of tobacco began in Central America around 6000 BC. The tobacco was put to use for chewing and smoking only in 1000 BC by the Mayan Civilization. They smoked and chewed the leaves of the tobacco plant; they also used it for curing wounds by applying the mixture of tobacco with herbs. When the Mayans migrated to other areas – North and South America – they also took tobacco plants with them for cultivation in these places.

Columbus was the first European to see tobacco leaves.

[Top](#)

**Dental Care**

Teeth Cleanings, Fillings, Crowns, and Whitening in Westerville, OH.  
[SavingsMilesDaily.com](#)

**TRUTH Behind Vapor Stick\***

Do Not Try Vapor Stick Until Read Report You'll Be Shocked What Found

**Ads by Google**

**Trigeminal Neuralgia**

Thumb sucking  
Temporomandibular  
Disorders  
Tooth Decay  
Tooth Extraction  
Tooth Staining  
Tooth Wear  
Trench Mouth  
Wisdom Tooth

[www.thehealthnewsreview.com](http://www.thehealthnewsreview.com)

**[Free Whitening for Life](#)**

Call 6 14-846-7300 and ask how to  
receive Free Tooth Whitening  
[www.CosmeticDentalColumbus.com](http://www.CosmeticDentalColumbus.com)



CyberKnife is A Revolutionary New  
Non-Invasive Treatment. Learn More.

[www.ColumbusCK.com](http://www.ColumbusCK.com)

## Oral and Dental Health Problems that occur due to smoking

The oral and dental health problems that occur due to smoking and tobacco usage are as follows:

1. **Oral Cancer** – occurs in the mouth, pharynx, larynx and oesophagus. Cigarettes and cigars contain several toxins that can cause cancer. The occurrence of dental problems cannot be arrested by not inhaling the smoke. It has been assessed that 75% of the oral cancer cases result from smoking. In its early stage oral cancer can appear as an ulcer and this is why it sometimes goes unnoticed. This cancer can spread through the lips, mouth, and throat and any new lesions to the mouth or lips should be looked at by a dentist.
2. **Gum Problems** – smoking or tobacco usage reduces the blood flow to your body and this includes your gum area and this is harmful for your gum tissues and bones in the mouth. Smoking causes gum inflammation which loosens the gums. The bacteria in the mouth gets into the loosened areas and this interacts with sugar and starch in your diet thereby forming **plaque/ tartar** that are difficult to clean.
3. **Periodontitis** – is an advanced form of gum disease accompanied by bone loss and subsequent tooth loss is exaggerated in a smoker.
4. **Halitosis/ bad breath** Smoking decreases the saliva flow in your mouth thereby causing dry mouth which in turn causes bad breath. Saliva is like a mouthwash. The cigarettes contain chemicals such as nicotine, tar etc. and these chemicals stick to your teeth, gums and other places in your mouth. This also causes Halitosis/ bad breath.
5. **Plaque** - one of the major contributing factors for tooth Decay is the formation and accumulation of plaque on your teeth and smoking accelerates this accumulation thereby causing tooth decay.
6. **Dry Mouth** - smoking stops the saliva flow and allows bacteria to prosper. Hence smokers suffer from dry mouth.
7. **Dry Socket** - healing delays occur from any oral surgery because of smoking thereby causing dry socket.
8. **Black Hairy Tongue** Smokers taking antibiotics are at greater risk of developing a black hairy tongue because the antibiotics will also upset the delicate microbial balance in your mouth.
9. **Tooth Staining/ discoloration** – teeth turn yellow by leaving sticky tar deposits thereby causing brown stains and requires cleaning by a professional; brushing is not sufficient.
10. **Tooth Decay/Caries/ Cavities** – damages gum tissues thereby causing receding of gums which exposes the roots of your tooth; this results in increased tooth **Sensitivity** for hot and cold substances and also result in tooth decay and tooth loss.

11. **Smokeless tobacco** – also contain nicotine as well as cancer producing toxins and causes early occurrence of gum disease and results in oral cancer ADA says that smokeless tobacco products contain a minimum of 28 cancer-causing chemicals.
12. **Gum recession and gum disease** – increases the severity of gum recession and gum disease thereby causing tooth and bone loss.
13. **Periodontal treatment and dental implants** – as the healing of the tissues will be impaired any surgical intervention is contraindicated as the failure rate increases.
14. **Smoker's palate** - roof of your mouth shows red inflammation

This list gives only dental problems associated with smoking. There are a number of other medical problems that are caused by smoking.

### Avoidance of oral and Dental health problems

Smoking is a manmade problem that is not a necessity. If you want to avoid the oral and dental health problems associated with smoking the best and only way is to quit smoking TODAY.

You can stop smoking by following the cold turkey method if you are not a chronic smoker. Chronic smokers might have to resort to detoxification, counseling etc. which will help them to manage their smoking withdrawal symptoms during their efforts to stop smoking.



### Related Links

[Black Hairy Tongue](#) | [Dry Mouth](#) | [Dry Socket](#) | [Gum Diseases](#) | [Bad breath](#) | [Oral Cancer](#) | [Periodontitis](#) | [plaque](#) | [Tooth Decay](#) | [Tooth Staining/ discoloration](#)

[Top](#)

#### [StoneRidge Dental Care](#)

Cosmetic and General Dentistry.  
Implants, Veneers & More. Gahanna.  
[StoneRidgeDentalCare.com](http://StoneRidgeDentalCare.com)

#### [Columbus Coupons](#)

1 ridiculously huge coupon a day. It's like doing C-bus at 90% off!  
[www.Groupon.com/Columbus](http://www.Groupon.com/Columbus)

#### [Karpac, James DDS MA MS](#)

Orthodontist, Braces Adult & Child  
Located in Dublin & Gahanna  
[www.jameskarpacortho.com](http://www.jameskarpacortho.com)



Please let us know whether you found this Dental FAQ useful; if you have any suggestions for improvements please email to us at [paddyshyam](mailto:paddyshyam)

Download the pdf version of the Dental FAQ - Smoking here [Dental FAQ - Smoking](#)

Vignesh Dental Speciality Center  
P-30 Sector 13 LIC Colony, Jeevanbheema nagar  
Bangalore, Karnataka 560075, India  
+919845213698 | +918025275373,  
[drshyamp@gmail.com](mailto:drshyamp@gmail.com)



[webmaster](mailto:webmaster@www.bangaloredentistonline.com)  
Shyam | Padmanabhan  
<http://www.bangaloredentistonline.com/>