

## How Does Smoking Affect Your Teeth

By now most people are aware that smoking is bad for their health. At the very least, they're aware of the impact smoking can have on their lungs and respiratory system; coughing fits, emphysema, chronic lung conditions, and even lung cancer are just some of the risks of frequent smoking. But what many people don't realize is how badly smoking can affect your teeth and overall oral health.

### Oral Health of Effects of Smoking

Common oral health issues caused by smoking include:

- Foul breath.
- Severely reducing the speed at which your mouth can heal from injuries, diseases and surgeries.
- Discolor teeth.
- Significantly increase the likelihood of getting oral cancer.

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### THE BEST WAYS TO GET YOUR CHILD TO BRUSH THEIR TEETH



Download at [www.dentrixdentalcare.com](http://www.dentrixdentalcare.com)



## Teeth Whitening

Your teeth go through a lot every day. It's a fact of life, and you shouldn't worry every time you want a sip of tea. But, after a few years, your teeth may become stained and show other signs of wear and tear. Get your teeth back to their original pearly whiteness at Dentrix DentalCare!

More info: <https://dentrixdentalcare.com/teeth-whitening/>

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## Lip Sucking



### Did you know...



A lip sucking can cause permanent oral damage in a child's bite if they maintain this habit.



## Dental Emergencies

If you have a broken tooth, a possible infection, or an excruciatingly painful toothache, you don't want to have to wait for an appointment. At Dentrix DentalCare, we're available as soon as you need us. We can resolve your emergency dental problems before they get worse.

Contact us at 403-288-5500 for our Market Mall location or 403-289-9908 for our North Hill location. We will get you in to see an emergency dentist as soon as possible!

## Refer a Friend

Do you know someone who can use our services? We always welcome new patients. Whether it is a friend, family member or colleague, we will make sure we provide them with the same professional treatment you expect from Dentrix DentalCare. Refer new patients to: <http://dentrixdentalcare.com/new-patients/>

## Sign Up for Our Newsletter

Sign up for our monthly newsletter and receive new PDF newsletters (exactly like this newsletter) containing tips to keep your smile sparkling. Sign up at: <http://www.dentrixdentalcare.com/newsletter/>

## How Does Smoking Affect Your Teeth *continued*

Smoking increases the likelihood you'll have dental problems. According to the CDC:

- 16% of smokers have poor dental health; this is four times the rate of people who have never smoked.
- Smokers are less likely to visit the dentist.
- Over a third of smokers have at least 3 dental issues.

### Smoking and Gum Disease

More than 40% of all periodontal disease in the US can be attributed to smoking. Smokers are over 60% more likely to develop gum disease than non-smokers.

There are a few reasons smoking has such a remarkable impact on the likelihood of contracting gum disease:

Firstly, smoking lowers the amount of oxygen delivered to the soft tissue of the mouth. This helps bacteria to thrive.

Secondly, smoking constricts the blood circulation to the mouth. This decreases the chance that early stage gum disease will bleed, which is one of the most obvious early warning signs. This in turn results in the gum disease being harder to spot until it's more advanced than in non-smokers.

Thirdly, smoking limits your immune response, making it much harder for your body to fight the gum disease once it's appeared.

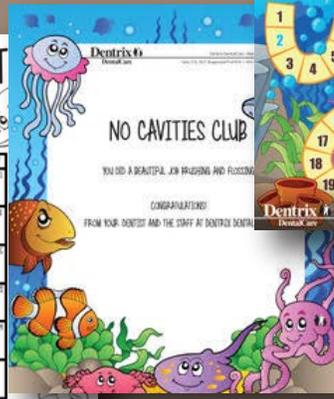
Lastly, tobacco in any form — smoked, chewed, etc. — can increase tartar and plaque build up. This is in part because it decreases saliva production, which is responsible for washing away a lot of bacteria out of the mouth.

All of these factors combined increase the risk of gum disease, increase the damage caused by gum disease, and making treating it that much harder. Contracting severe periodontal disease is much more likely for smokers than non-smokers.

For more information on How Smoking Affects Your Teeth, go to <https://dentrixdentalcare.com/smoking-affect-teeth/>

## Fun Stuff for Kids

Every month we have fun stuff including brushing charts, brushing games, colouring sheets and certificates to help children succeed with their daily brushing routine. You can download these at: <http://dentrixdentalcare.com/category/fun-stuff/>



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