

**Nurse’s Nook**

**Pearl Lower Elementary – May**

**Aly Weems, School Nurse**

 **Smoking & Dental Health ![C:\Users\atweems\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\81UK1ROM\14949-illustration-of-a-no-smoking-symbol-pv[1].png]()**

**Non-smoker’s mouth has:**

-Bright white teeth -Good taste

-Healthy gums - Younger looking skin

-Fresh breath

 **Smoker’s mouth has:**

- Teeth, dentures and crowns stained brownish-black

 -Bad breath -Gum disease

 -Premature mouth wrinkling -Tooth loss

 -More plaque and cavities -Gum recession

 -Infected and swollen gums

 -Higher risk of mouth, tongue, and throat cancers

 -Smoker’s hairy tongue (buildup of tar and bacteria on tongue)

* If you or a loved one needs help quitting, you can call 1-800-QUITNOW or 1-800-784-8699! It’s never too late to quit!