[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=dyXkjpQhp5ShHM&tbnid=jBVsIT9YeoKk7M:&ved=0CAUQjRw&url=http://www.dcs.k12.oh.us/site/Default.aspx?PageID=371&ei=6hcvUrSSFIna8wSY-ICwBg&bvm=bv.51773540,d.eWU&psig=AFQjCNG-BO4QJ-py6cplfZ-oBAeKnmDwqA&ust=1378904351425923)

**Nurse’s Nook**

**Pearl Lower Elementary – May**

**Aly Weems, School Nurse**

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwi3osrTlNfLAhWmlYMKHeEqCmwQjRwIBw&url=https://www.pinterest.com/judithfindlay/community-health-brushing-teeth/&bvm=bv.117218890,d.amc&psig=AFQjCNHt9Inv09sXvdCkgjZZsQ634kg3yg&ust=1458834543286971) **Smoking & Dental Health **

**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!