

YOU CAN BE TOBACCO-FREE



Better oral health starts here

Using tobacco hurts your body, including your mouth. It's one of the biggest risk factors for gum disease.¹ Many who use tobacco show the obvious signs of smoking. Like receding gums, chronic bad breath and stained and/or loose teeth. But more serious problems, like cancer, can be harder to spot.

Approximately 50,000 new cases of oral cancer are diagnosed in the U.S. each year.² Almost 10,000 people die from oral cancer each year in the U.S.² Studies show that tobacco products are one of the main causes of oral cancer.²

Don't be a statistic

- ▶ About 15% of U.S. adults currently smoke.³
- ▶ Smoking is the top cause of preventable disease and death in the U.S.³ It takes more than 480,000 lives each year.³ That's one of every five deaths.³
- ▶ Cigarette smokers die younger than non-smokers.³
- ▶ Smoking shortens male smokers' lives by about 12 years and female smokers' lives by about 11 years.³

The dangers of second-hand smoke

Second-hand smoke has the same harmful chemicals that smokers inhale. It can cause health problems in people who don't smoke. Children and babies are especially at risk. There is no "safe" level of exposure to second-hand smoke.⁴

No tobacco is "safe"

Any form of tobacco can cause serious health problems. Chewing tobacco and other smokeless tobacco products contain about 30 cancer-causing chemicals. Health problems linked to smokeless tobacco include:⁵

- ▶ **Addiction.** These products have nicotine, which causes addiction.
- ▶ **Cancer.** Includes cancers of the mouth, throat, esophagus, cheek, gums, lips and tongue.
- ▶ **Cavities.** Chewing tobacco has a lot of sugar. It can erode tooth enamel.
- ▶ **Gum disease.** Sugars and irritants can cause gums to become infected. Over time, gum disease can lead to tooth loss.
- ▶ **Heart disease.** Some forms of smokeless tobacco raise heart rate and blood pressure. It can lead to heart disease and stroke.
- ▶ **Precancerous mouth lesions.** Chewing tobacco can cause lesions where the chew is placed. These could become cancerous.

Together, all the way.®



It's good to be a quitter

Quitting can be good for your health. And your mouth. It lowers your risk of a heart attack, stroke or cancer, including oral cancer.⁶

- › **Minutes after your last cigarette.** Body starts healing.
- › **20 minutes after quitting.** Heart rate and blood pressure drop.
- › **12 hours after quitting.** Carbon monoxide level in the blood drops to normal.
- › **Two weeks to three months after quitting.** Blood flow improves and lung function increases.
- › **One year after quitting.** Risk of heart disease is half that of a smoker's.
- › **Five years after quitting. Risk of cancer of the mouth, throat, esophagus and bladder are cut in half. Cervical cancer risk falls to that of a nonsmoker. Stroke risk can fall to that of a nonsmoker after 2-5 years.**



Ready to kick the habit?

You don't have to do it alone. Get what you need to help you quit for good. Here are some resources for support and information.

- › Visit **Cigna.com** or **myCigna.com** for tools and tips to help you quit.
- › Call the national tobacco quitline: **800.QUIT.NOW (800.784.8669)**.
- › Use free smartphone, tablet or handheld computer apps, such as the National Cancer Institute's QuitPal.
- › Check out internet programs, such as smokefree.gov, which also have chat rooms for extra support.



1. NIH Publication No. 13-1142 December 2014. <http://www.nidcr.nih.gov/oralhealth/Topics/GumDiseases/PeriodontalGumDisease.htm>.

2. The Oral Cancer Foundation. Retrieved from <http://oralcancerfoundation.org/facts/>, February, 7, 2017.

3. American Cancer Society. Health Risks of Smoking Tobacco. November 2015. <<https://www.cancer.org/cancer/cancer-causes/tobacco-and-cancer/health-risks-of-smoking-tobacco.html>>

4. American Cancer Society, <http://www.cancer.org/cancer/cancercauses/tobaccocancer/secondhand-smoke>, November 2015.

5. Mayo Clinic, "Health risks of chewing tobacco and other forms of smokeless tobacco." <http://www.mayoclinic.org/healthy-lifestyle/quit-smoking/in-depth/chewing-tobacco/art-20047428?pg=2>, April 2, 2016.

6. American Cancer Society. "Guide to Quit Smoking," <http://www.cancer.org/healthy/stayawayfromtobacco/benefits-of-quitting-smoking-over-time>, September 2016.

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