



Oral health effects of smoking and cannabis use

Tobacco is Ontario's number one preventable public health problem, and the leading cause of premature death in the province. It attacks living tissues wherever it travels – the mouth, tongue, throat, esophagus, lungs, stomach, and eventually reaches the bladder, pancreas and kidneys. Smokers therefore have a higher risk of developing many life-threatening health conditions including heart disease, chronic lung disease, stroke, and cancers of the lung, mouth, throat, esophagus, bladder and pancreas.

Smoking tobacco causes a lack of oxygen in your bloodstream, leading to the infected gums not being able to heal. Smoking causes gum disease to progress faster than in non-smokers. Gum disease is the most common cause of tooth loss in adults.



Tobacco and cannabis smokers can expect to develop some combination of the following, depending on the amount and length of time they have smoked:

- Persistent bad breath
- Discoloured teeth
- Calculus (tartar) build-up
- Periodontal (gum and bone) disease
- Jaw bone loss
- Missing and shifting teeth
- Oral and neck cancers
- Mouth sores
- Root caries (cavities)
- Sinusitis
- Hairy tongue
- Xerostomia (dry mouth)
- Gingival enlargement
- Risk of infections due to immunosuppression
- Altered sense of taste and smell
- Delayed wound healing