GET READY. GET SET. QUIT NOW.

IS THAT TOBACCO WORTH YOUR SMILE?

1-800-QUIT NOW VIRGINIA

Tobacco also causes:
- Bad breath
- Bone loss
- Decreased sense of taste and smell
- Gum disease
- Hairy tongue
- Mouth sores
- Poor healing of mouth sores or extractions
- Stained Teeth
- Tooth Loss

TOBACCO IS A STRONG ADDICTION. BUT YOU ARE EVEN STRONGER.
FREE HELP IS JUST ONE CALL AWAY.

One last fact, one-fifth of the content of some brands of smokeless tobacco is sugar, which puts you at a much greater risk for CAVITIES!

1-800-QUIT NOW
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VIRGINIA

WWW.QUITNOW.NET/VIRGINIA

THE VIRGINIA TOBACCO QUITLINE IS A FREE SERVICE THAT HELPS VIRGINIANS QUIT SMOKING AND USING TOBACCO.

WHEN CAN I CALL?
Virginitans can call toll free 24/7
1-800-QUIT NOW or 1-800-784-8669
www.QuitNow.net/Virginia

WHO CAN CALL?
All Virginians aged 13 AND OLDER who want to quit using tobacco.
Specialized services provided for:
• Pregnant and perinatal smokers
• English and Spanish speaking Virginians
• Deaf and Hard-of-Hearing Community at TTY line 1.877.777.6534

KNOW THE FACTS ABOUT TOBACCO USE & ORAL DISEASE
Did you know smoking is the leading cause of preventable death in the U.S.?

Tobacco use increases the risk for gum disease, but it also impacts overall health. If you have a chronic disease, tobacco may be even more harmful. For example:

✔ Smokers are at a greater risk for diseases of the heart and lungs. Some studies suggest a link between gum disease and heart disease because of the bacteria that causes inflammation in both diseases.

✔ Tobacco use accounts for at least 30% of all cancer deaths. Tobacco use contributes to cancers of the mouth, throat, esophagus, larynx, and 87% of lung cancer deaths in men and 70% in women.

✔ Diabetics who smoke are more likely than non-smokers to have trouble with insulin dosing and controlling their disease, just as diabetes with gum disease.

QUIT NOW. FEEL THE DIFFERENCE. LIVE!
Improvements in your health begin within minutes of quitting, even if you have used tobacco for years.

20 MINUTES
Blood pressure and pulse rate decrease

12 HOURS
Carbon monoxide and oxygen levels in blood return to normal

24 HOURS
Chance of heart attack decreases

48 HOURS
Better sense of smell and taste

2 - 3 WEEKS
Circulation improves and lung function increases

1 - 9 MONTHS
Coughing, sinus, congestion, fatigue and shortness of breath decrease

1 YEAR
The likelihood of a heart attack is cut in half of that of a smoker

FREE HELP IS A PHONE CALL AWAY!
If you are ready, our FREE support will never quit!