More people in Australia die from diseases caused by smoking than anything else.

Smokers have a greater risk of oral cancers and gum disease leading to tooth loss.
Every cigarette you smoke now adds to your risk of severe gum disease, losing your teeth, dying from heart disease, stroke and many types of cancer.

Bad breath, yellow fingers and teeth, smelly hair and clothes, stained fingers... ew! These ugly effects of smoking usually go away after quitting.

Your mouth will thank you and your general health will improve as soon as you quit. Go to www.quit.org.au or www.oxygen.org.au, or phone the Quitline 13 78 48, to find out more.