

**SMOKING.
WORST
DECISION
EVER**



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Smokers have a greater risk of oral cancers and gum disease leading to tooth loss.

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**WHATEVER, ALL THAT IS LIKE,
A MILLION YEARS AWAY**

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.

**NOT SMOKING WILL MAKE YOU
MORE ATTRACTIVE (SERIOUSLY!)**

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



IF YOU SMOKE, QUIT 4 GOOD

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.

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