



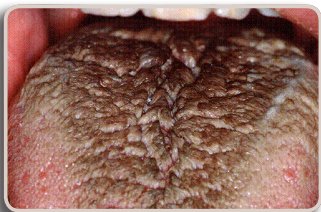
# SMOKING?

## What's Happening In Your MOUTH?

- **Stained teeth**
- **Bad breath**
- **More cavities**
- **Less saliva**



- **Black furry tongue**
- **Wrinkles**
- **Lower hormone levels**



## You have more chance of:

- **Gum disease**
- **Bone and tooth loss**
- **Problems with healing after teeth extractions**
- **Oral Cancer**



### Look out for:

- **White or red patches that don't go away**
- **Sores that don't heal**
- **Lumps or swellings**



## Did you know?

- One out of 3 smokers die from smoking!
- One cigarette contains about 4,000 chemicals, many of which are poisonous to your body!
- Smoking causes a variety of cancers, heart attacks, strokes and lung conditions.

“You can **QUIT**”

Think it,  
Decide it,

**Plan to  
DO IT!**



**Get some support from the  
experts, and call today!**

**QUITLINE 137848**

**QUIT** can ring you back, if you are out of credit

So for a healthy mouth and body.....

**Live SMART** and Don't SMOKE

Access to the net?- Check out

You're smarter than smoking

**[www.OxyGen.org.au](http://www.OxyGen.org.au)**

Share your story, music, video

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**[www.quittas.org.au](http://www.quittas.org.au)**