



**YOU CAN QUIT.
WE CAN HELP.**

Oral Health and Tobacco

You know that quitting tobacco will help you get healthier and save money, but did you also know it will improve your oral health? Vermont dental care providers care about your smiles. Quitting smoking can go a long way to boosting your dental health.

- **You'll be less likely to have gum disease and need costly dental work.**
- **You'll be more likely to keep your teeth.**
- **You'll prevent staining of your teeth and gums.**
- **Your mouth will heal better after infection, dental work and minor sores.**
- **You'll lower your risk of getting oral cancer.**
- **You'll have better breath.**

QUIT TODAY.

**802Quits.org
800-QUIT-NOW
or 800-784-8669**

802Quits provides free resources to quit tobacco and e-cigarettes, including nicotine replacement therapy, and phone, online and in-person quit coaching.

NEED RESOURCES AND SUPPORT TO QUIT?

802Quits can help Vermonters who are ready to quit tobacco and e-cigarettes. Connect online, on the phone or in-person.

Please let us know if we can fax a referral to 802Quits to help you start the process today!

