

## Contact The Gum Disease Information Bureau

### Smoking And Gum Disease

It is medically acknowledged that smoking not only causes mouth and lung cancer, but a whole host of other problems such as heart disease, bronchitis and pneumonia. It is also widely recognised that smoking damages your body's ability to heal itself and fight off infections and nowhere is this more evident than in people who suffer from gum disease.

Smoking encourages gum disease to develop because it disables your body's natural healing mechanisms, making treatment much less effective. The healing ability of your body remains affected even after you give up smoking, making you more susceptible to all kinds of other infections. Sufferers of gum disease are more likely to experience shrinkage of gums, loosening and movement of teeth, abscesses and even tooth loss - recent research has shown that only 20% of people over the age of 65 who had never smoked are toothless, compared to 41% of smokers.



People make the common mistake of thinking that the problem comes only from cigarette smoking. However all types of smoking, such as pipe-smoking, cigar-smoking, and chewing tobacco can also damage your health. Those smoking marijuana don't realise that in addition to the damage from tobacco, the resins in marijuana are so destructive that one "joint" has the equivalent destructive capacity of approximately 30 cigarettes!

So apart from affecting your social life by causing smelly breath, unsightly and stained teeth, you may also end up having to wear dentures because you've lost all your teeth!

#### Further Reading

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