



**SMARTER
SMILES**

AVOID DRUGS, ALCOHOL AND SMOKING

LEARN ABOUT THE EFFECTS
ON YOUR ORAL HEALTH



Checklist for healthy teeth and fresh breath

- ✓ Brush teeth, gums and tongue twice a day and floss daily
- ✓ Use a fluoride toothpaste
- ✓ Drink plenty of water
- ✓ Limit sugary and acidic food and drinks
- ✓ Have a dental check-up at least once a year
- ✓ Avoid smoking, alcohol and drug use
- ✓ Chew sugar free gum to promote saliva
- ✓ After an episode of vomiting, rinse with water and avoid brushing for 30 minutes



What can cause bad breath? (Also known as halitosis)

- Excessive plaque on teeth, gums and tongue
- Gum disease
- Dental decay
- Dry mouth
- Smoking and alcohol
- General health issues (stomach, nose and throat)
- Strong smelling food e.g. onions and garlic
- Morning breath



The effects of smoking, alcohol and drugs on your oral health

Tooth loss and gum disease

Smoking tobacco or any drug can reduce blood flow to your mouth. The lack of blood can increase the chance of infections and cause tooth loss.

Dry mouth

When saliva decreases, there is a risk of plaque and food accumulation and the natural protection that saliva offers is limited. This increases the risk of dental decay, erosion and gum disease.

Dental decay, erosion, staining, bad breath

Most alcoholic beverages contain sugar and acid, which can cause dental decay and sensitivity. Vomiting is a side effect of alcohol consumption resulting in tooth erosion and sensitivity. Smoking can cause yellow and dark brown staining as well as bad odours, that are not easily masked by toothpaste or chewing gum.

Poor oral health

Excessive alcohol or drug consumption can start bad habits with oral hygiene, as self-care is often neglected.

Developing oral cancer, fungal and viral diseases

Research shows that smokers have a high chance of experiencing oral cancer compared to non-smokers. This rate is even higher with alcohol and drug use. Immediately contact an oral health professional or doctor if you notice any abnormal patches, spots or sores in your mouth that don't heal.

Grinding (bruxism) and jaw pain

Tooth grinding is a common side effect of drug use. It contributes to jaw issues, tooth wear, cracked and broken teeth.



FACT

SOMETIMES YOU
CAN'T SMELL
YOUR OWN BAD
BREATH!



The best thing that can be done to combat the oral health risks of tobacco use is to quit smoking.

For support, contact:

-  Your local doctor
-  Your dental professional
-  Quitline 13 78 48 quit.org.au
-  ADIS 24/7 Alcohol and Drug Support 1800 177 833.

Key oral health messages



Brush well

Brush teeth twice a day with fluoride toothpaste



Eat well

Eat healthy foods and reduce intake, amount and frequency of sugary foods



Drink well

Drink lots of water and limit intake of sugary drinks



Play well

Wear a mouthguard when playing contact sports to prevent injury



Stay well

Have regular dental check-ups

For more information

Contact Metro North Oral Health Services



www.health.qld.gov.au/metronorth/oral-health



Call Centre on **1300 300 850**

References:

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