



Dangers of the Mouth

Answer the following questions.

1. Describe how tobacco can affect your teeth.

2. List five ingredients in cigarettes. How do these ingredients harm you?

3. What is the number of teens who start smoking daily?

4. What are some common problems caused by oral piercing?

5. What is "meth mouth"?





Dangers of the Mouth

Teacher Brief

- Tobacco Use and Your Mouth
 - Tobacco contains:
 - Nicotine (an addictive drug)
 - Benzopyrene (causes cancer and gene mutation)
 - Cadmium (heavy metal used in car batteries)
 - Formaldehyde (embalming fluid)
 - Arsenic (poison)
 - Nitrosamines (may cause cancer)
 - Tobacco can cause:
 - Bad breath and stained teeth
 - Oral cancer which kills 10,000 people in the U.S. each year
 - Early detection is vital! See your dentist for regular check-ups
 - Sores in your mouth
 - An increase in your risk of gum disease, tooth loss, and oral cancer
 - 3,000 teens begin smoking each day.
- Oral Piercing and Your Oral Health
 - Tongue, lip, and cheek piercing can ruin your smile
 - Common problems:
 - Chipping, cracking, and wearing of the teeth
 - Infection, bleeding, and swelling
- Methamphetamine and Your Mouth
 - Methamphetamine is a highly addictive illegal drug that causes “meth mouth.”
 - Meth Mouth—The drug makes you forget to clean your teeth, acid attacks your teeth, your mouth gets dry, and you get severe cavities. It causes severe tooth decay and tooth loss.
 - Other side effects of methamphetamine:
 - Anxiety
 - Hallucinations
 - Permanent brain damage

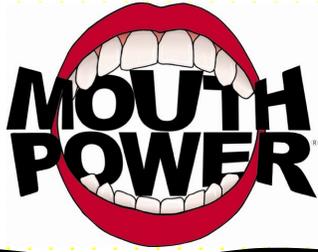


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Guard Your Winning Smile!

Answer the following questions about protecting your teeth.

1. Name three types of mouthguards.

2. Why are mouthguards important to wear while playing sports?

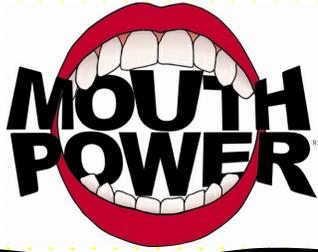
3. What are sealants?

4. How do sealants protect your teeth?

5. What mineral helps protect your teeth by reducing cavities?

6. Name five foods that contain this tooth-protecting mineral.





Guard Your Winning Smile!

Teacher Brief

- Mouthguards
 - Three types of mouthguards
 - Stock/Ready-Made
 - Preformed and ready to wear, inexpensive, bulky, breathing and talking with it in can be difficult
 - Mouth-formed (Boil-N-Bite)
 - Better than stock, improper shaping can result in a poor fit
 - Custom-Fitted
 - Best fit and most comfortable, best protection, stays in place, can talk and breathe easier with it in place
 - Benefits of mouthguards
 - Reduce the risk of injuring your lips, tongue, face, and jaw while playing sports
 - Cushion blows to your head, face, and mouth
 - All athletes need a mouthguard
 - Taking care of your mouthguard
 - Rinse with cool water or mouthrinse
 - Occasionally clean with cool, soapy water or toothpaste and rinse
 - Avoid hot surfaces, hot water, and direct sunlight
 - Carry in a hard, vented container
- Sealants
 - A plastic resin bonded to permanent back teeth during a painless application
 - Protect chewing surfaces from cavities
- Fluoride
 - Reduce cavities in children and adults
 - Naturally occurring mineral
 - Safe and effective
 - No detectable cancer risk to humans
 - Foods with Fluoride
 - Tea, grape juice, sardines, fish, chicken, fruits, vegetables, cereal, cottage cheese, noodles, mashed potatoes, rice, spinach, spaghetti and sauce, cooked peas, baked ham, sausage chocolate cake, roasted pork and whole wheat bread

