

**MEDIA RELEASE**

**DATE:** March 19, 2019 **END DATE:** March 31, 2019

**CONTACT:** Taya Vilify  
Health Educator

**PHONE:** (810) 341-5900

**RE:** **Keep Your Mouth Healthy, Quit Tobacco**

World Oral Health Day takes place on Wednesday, March 20, 2019. The Genesee County Health Department is encouraging residents to quit tobacco as one action for a healthier mouth.

There are many ways tobacco use can impact the health of your mouth. According to the Centers for Disease Control and Prevention (CDC), tobacco use can dull the senses of taste, smell and slow the healing of oral wounds. Smokers have twice the risk for gum disease compared with a nonsmoker. Severe gum disease can lead to the bone and tissue that hold your teeth in place to break down, and your teeth may loosen or need to be pulled out. Smokeless tobacco products can cause cancer in the cheek, gums, and lips. Quitting tobacco will lower your risk of these and other tobacco-related health problems.

The Michigan Tobacco Quitline offers many services for quitting tobacco including educational materials, text messages, an online program, and referral to local resources for all Michigan residents. In addition, free telephone coaching is available for those who are uninsured, pregnant, residents enrolled in Medicaid and Medicare, veterans, cancer patients, and American Indians. For more information call 1-800-QUITNOW (1-800-764-8669) or visit the Genesee County Health Department website at [www.gchd.us](http://www.gchd.us)

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