

SMOKING AFFECTS YOUR ORAL HEALTH

STAINED TEETH

TOOTH LOSS

BAD BREATH

GUM DISEASE

INCREASED RISK OF ORAL CANCER

STOPTOBER 2021

In October take the 28 day Stop Smoking Challenge

FOR MORE INFORMATION ABOUT STOPTOBER VISIT:

<https://www.blf.org.uk/take-action/campaign-with-us/stoptober>

Call the free Smokefree National Helpline on 0300 123 1044

FOR STOP SMOKING SUPPORT IN SLOUGH VISIT:

<https://healthandwellbeingslough.co.uk/services/stop-smoking/>

or contact: **0800 0614734 / 01753 373646**

Text **QUIT** to **66777** or Email: info.hws@nhs.net

