



THE CANADIAN DENTAL  
HYGIENISTS ASSOCIATION  
L'ASSOCIATION CANADIENNE  
DES HYGIÉNISTES DENTAIREs



DENTAL  
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# Clearing the Air on Vaping and Oral Health



Dental hygienists—experts in oral health promotion and disease prevention—know that good oral health is vital for physical and mental well-being. As essential primary health care providers, they work with you to develop individualized oral care plans and can offer guidance on healthy lifestyle choices.



**If you vape or are thinking about vaping, be sure to talk to your dental hygienist about its impact on oral and overall health.**

Dental hygienists see first-hand the effects of e-cigarette use on the oral cavity and can give you the information you need to make a choice that's right for you.

## ORAL HEALTH CONSIDERATIONS

Although research is ongoing, we know that vaping may increase your risk of:



dry mouth



saliva thickening



mouth sores/ulcers



cavities



gum disease

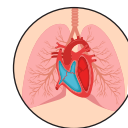
## OTHER DANGERS



nicotine addiction from exposure to high concentrations of the chemical, particularly in extra-strength cartridges



burn injuries from exploding battery-powered vaping devices



lung and heart diseases caused by inhaling toxic chemicals in vaping liquid

## VAPING AS A WAY TO BUTT OUT

While e-cigarettes and other vaping devices are marketed as a less harmful alternative to regular cigarettes, they have not been approved as a smoking cessation aid in Canada. Dental hygienists can recommend other proven smoking cessation strategies for you instead.

With vaping on the rise in Canada—especially among youth and young adults—knowing the risks is important for making informed choices.

Don't let the growing popularity and widespread availability of vaping devices cloud your judgment: **vaping is not harmless!**

Learn more about your oral health at [www.dentalhygienecanada.ca](http://www.dentalhygienecanada.ca)