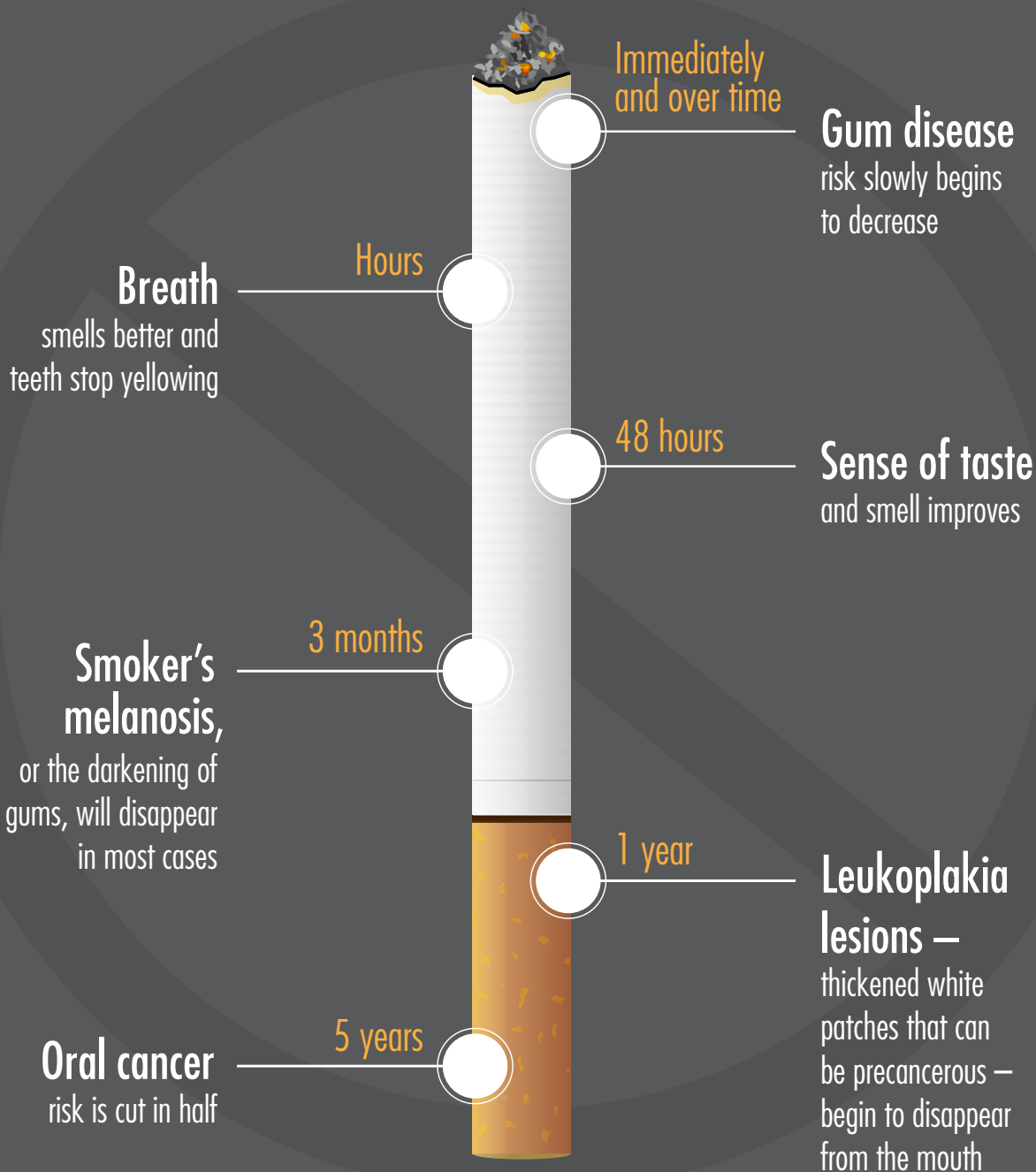


# How **QUITTING SMOKING** can **improve oral health** over time



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Sources: 1: Smoking Cessation; Cleveland Clinic; 2014 2: Disappearance of Smoker's Melanosis after Reducing Smoking; Journal of Oral Pathology and Medicine; 1993 3: The Health Consequences of Smoking; Surgeon General Report; 2004 4: Health and other benefits of quitting; Tobacco in Australia; 2016 5: How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease; U.S. Department of Health and Human Services; 2010 6: Benefits of quitting tobacco; U.S. National Library of Medicine; 2015



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