

Know the Risks Before You Decide

Things to consider as you make choices that affect your oral health.



Vaping



- Vaping contains nicotine. It is addictive, can cause painful sores, ulcers, and cancer in the mouth. Vaping under 21 years of age is illegal.
 - Vaping can lead to cavities, gum infections, dry mouth, and tooth pain from cold or heat.
 - Vaping pens, e-cigarettes, and drives can explode and burn the mouth, causing pain and scars to the face.
- teen.smokefree.gov/quit-vaping
or text QUIT to 47848

Oral Piercing



- Oral piercings can chip teeth and cause nerve damage.
- Food and bacteria can collect around the piercings, which lead to bad breath, infection, and pain.
- Oral piercings may increase the spread of the herpes virus and Hepatitis B and C.




Child Health & Disability Prevention (CHDP) Program
(805) 981-5291 • vchca.org/chdp



Oral Cancer



- Chewing or smoking tobacco and alcohol use can increase your risk of oral cancer.
 - A sexually transmitted virus called human papillomavirus (HPV) can lead to oral cancer.
- [Learn about HPV vaccine for teens](#)
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- Scan for HPV vaccine for teens
- Oral cancer can appear as a growth or sore in the mouth that needs attention.