



Social Media Kit for #CDCTips Campaign

Use the below messages on Twitter and Facebook to help raise awareness of how smoking damages oral health. Feel free to revise these messages, but we only ask that you do two things: 1) ensure that your message is less than 140 characters, and 2) include the hashtag of **#CDCTips** in all of your tweets or Facebook posts related to Tips. This will allow those who are following the chat to find all of the related messages.



Posts for Twitter



For Dental Professionals

"Talking Tobacco" makes having 'the talk' about [#smoking](#) & [#oralhealth](#) with your patients easier. Why wait? <http://1.usa.gov/VVSbOz> [#CDCTips](#)

The [#dental](#) team plays a key role in educating patients about the dangerous effects of [#smoking](#). Here's the [#CDCTips](#): <http://1.usa.gov/1jmdy62>

Need educational materials to display in your dental office about the effects of [#smoking](#)? Check out these [#CDCTips](#): <http://bit.ly/1vY1HuS>

[#Tobacco](#) use is the #1 preventable cause of death/disease in the US. Let's educate our patients - Quit now. [#CDCTips](#) <http://1.usa.gov/1vY3OPp>

For the General Public

Smoking not only can cause gum disease, but it can lower the chances for successful treatment <http://bitly.com/d1lumU> [#CDCTips](#)

Video: Felicity describes how her longtime smoking led to gum disease & how it has disrupted her life <http://bit.ly/1yRSCbi> [#CDCTips](#)

Brett lost most of his teeth after many years of smoking. He shows what gum disease did to his smile <http://bit.ly/VtP00m> [#CDCTips](#)

If you think cancer is all smokers have to worry about, then you're forgetting about your teeth and gums <http://bitly.com/VeqP5y> [#CDCTips](#)

Felicity lost her teeth due to gum disease -- for many years, cigarettes were "eating my gums" <http://bit.ly/1yRSCbi> [#CDCTips](#)

Smokers have a much higher risk of gum disease, which can lead to tooth loss. Call 1-800-QUIT-NOW
<http://bitly.com/VeqP5y> #CDCTips

Even people who smoke less than 1/2 pack per day have 3x the risk of gum disease as non-smokers
<http://bit.ly/VeqP5x> #CDCTips

Video: Ex-smoker Brett got gum disease and lost most of his teeth. Now, he has a tip for smokers
<http://bit.ly/VtP00m> #CDCTips

NIH calls smoking “one of the most significant risk factors” associated with gum disease
<http://bitly.com/d1lumU> #CDCTips

For each person dying from smoking-related cause, 30 more suffer at least one serious illness from smoking
www.cdc.gov/tips #CDCTips

Smokers: Your risk of severe gum disease is 4x that of non-smokers. Call 1-800-QUIT-NOW
<http://bitly.com/VeqP5y> #CDCTips

A dentist sums up the research: "don't smoke if you want to save your teeth -- and your life"
<http://bitly.com/VeqP5y> #CDCTips

Longtime smoker Felicita lost her teeth due to gum disease & says she's “still going thru the consequences”
<http://bit.ly/1yRSCbi> #CDCTips

A “wealth” of evidence shows smoking damages the gums and can lead to serious disease and tooth loss
<http://1.usa.gov/1jNzh1e> #CDCTips

Study: 3 of 4 smokers with gum disease got it from smoking
<http://1.usa.gov/1xiyCNx> #CDCTips
#smoking



Posts for Facebook



For Dental Professionals

The dental team plays an important role in educating patients about the dangerous effects #smoking can have on their oral health. Are you prepared for ‘the talk’? Learn more below: #CDCTips
<http://1.usa.gov/1jmdy62>

Would you like to speak with your patients about the negative effects #smoking can have on their teeth and gums? “Talking Tobacco” is a free online dental course that helps you do just that. Sign up below: #CDCTips
<http://1.usa.gov/VVSbOz>

Do you need educational materials to display in your dental office about the hazardous effects of #smoking? Check out these resources from #CDCTips: <http://bit.ly/1vY1HuS>

Tobacco use is the #1 preventable cause of death and disease in the United States. Let's work together to educate our patients about the impact #smoking can have on their #health. #CDCTips <http://1.usa.gov/1vY3OPp>

For the General Public

Not only can #smoking cause gum disease, but it can lower the chances for successfully treating gum disease. Protect your gums and teeth. Learn more, quit now! #CDCTips <http://bitly.com/d1lumU>

Have you seen the effects that #smoking can have on the health of our teeth and gums? Watch this video as Felicita describes how her longtime smoking led to gum disease and disrupted her life. #CDCTips <http://bit.ly/1yRSCbi>

Smokers: Losing your teeth can affect your self-confidence and dignity. Brett lost most of his teeth after many years of #smoking. Hear what smoking did to his smile. #CDCTips <http://bit.ly/VtP00m>

If you think #cancer is all smokers have to worry about, think again! The health of your teeth and gums is at risk too. Learn more, quit now. #CDCTips <http://bitly.com/VeqP5y>

"For many years, cigarettes were eating my gums" says Felicita, a woman who lost her teeth due to gum disease from #smoking. Learn more, quit now! #CDCTips <http://bit.ly/1yRSCbi> #CDCTips

Did you know that smokers have a much higher risk of gum disease? If you are a smoker or know someone who is, let them know that there is free help to quit. Call 1-800-QUIT-NOW <http://bitly.com/VeqP5y> #CDCTips

Even people who smoke less than 1/2 pack each day have 3x the risk of gum disease as non-smokers <http://bit.ly/VeqP5x> #CDCTips

Here's a tip from ex-smoker Brett, who got gum disease and lost most of his teeth. Learn more, quit now! #CDCTips <http://bit.ly/VtP00m>

NIH calls #smoking "one of the most significant risk factors" associated with gum disease. Are you at risk? Learn more, quit now! #CDCTips <http://bitly.com/d1lumU>

For every one person who dies from a smoking-related cause, there are 30 more who are suffering and dealing with a serious illness caused from smoking. Learn more, quit now! #CDCTips www.cdc.gov/tips

Smokers: Did you know that your risk of severe gum disease is 4x that of non-smokers? Call 1-800-QUIT-NOW for free help <http://bitly.com/VeqP5y> #CDCTips #smoking

A dentist sums up the research: "don't smoke if you want to save your teeth -- and your life". Learn more, #quit today! <http://bitly.com/VeqP5y> #CDCTips

#CDCTips: The effects of smoking last longer than a puff. Felicitia lost her teeth due to gum disease & says she's "still going thru the consequences". Here's her story: <http://bit.ly/1yRSCbi>

#Smoking not only produces bad breath, but it can damage your gums and teeth too. A "wealth" of evidence shows smoking can lead to serious disease and tooth loss. Learn more, quit now! #CDCTips <http://1.usa.gov/1jNzh1e>

Did you know that 75% of smokers with gum disease got it from #smoking? It's never too late to end this habit. Learn more, quit now! #CDCTips <http://1.usa.gov/1xiyCNx>