

DID YOU KNOW...



Smokeless Tobacco

- Smokeless tobacco is NOT a safe alternative to smoking cigarettes.
- Smokeless tobacco includes BOTH chewing tobacco and snuff.
- The use of smokeless tobacco is considered to be a directly related cause of oral cancer and gum disease.
- Smokeless tobacco use CAN lead to dependence on nicotine.
- Smokeless tobacco users have displayed blood nicotine levels equivalent to those of cigarette smokers.
- If you dip, 2.0 mg – 3.5 mg of nicotine per dip enters your bloodstream – twice the dose delivered by a standard 1 mg cigarette.
- Users who consume 8 – 10 dips or chews per day ($\frac{1}{3}$ – $\frac{1}{2}$ of a can of snuff or $\frac{1}{3}$ – $\frac{1}{2}$ of a pouch per day) receive a NICOTINE DOSE equal to that taken by a heavy cigarette smoker (30 – 40 cigarettes daily).
- A recent report indicates that users who went through two cans of snuff per week had a saliva nicotine level equal that of people smoking two packs of cigarettes per day.
- Nicotine and other harmful chemicals found in tobacco are NOT removed by spitting; they mix with saliva which, after contact with tissues of the mouth and throat, is absorbed through the oral mucous into the bloodstream.
- Smokeless tobacco users have a substantially increased risk of oral health disorders.
- Just a few months of dipping or chewing is often enough to cause development of white or red leathery patches (leukoplakia) on the gum or cheek where the tobacco is held.
- Leukoplakia is the first step down a path to dental problems, followed by severe gum inflammation and receding gums. This condition can be reversed and corrected, however, if you quit using smokeless tobacco and follow up with good dental care.
- Risk of cancer of the mouth increases, especially in parts of the mouth where the tobacco is placed.
- Health risk for oral cancers decreases once you discontinue use of smokeless tobacco products.