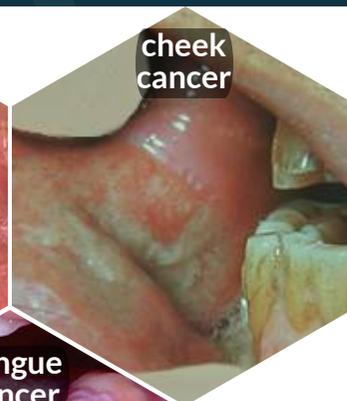
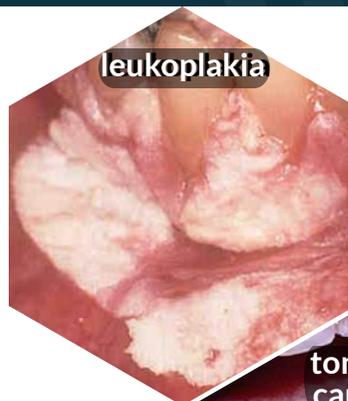


SMOKELESS TOBACCO

NOT A SAFE ALTERNATIVE TO SMOKING

Smokeless tobacco is associated with many health problems:

- Nicotine addiction
- Nicotine poisoning in children
- Gum disease, tooth decay, and tooth loss
- White or gray patches in the mouth (leukoplakia) that can lead to cancer
- Cancer:
 - mouth (lip, tongue, cheek, and gums),
 - esophagus (the passage that connects the throat to the stomach),
 - pancreas (a gland that helps with digestion and maintaining proper blood sugar levels).



SMOKELESS TOBACCO PRODUCTS



CHEWING TOBACCO

Chewing tobacco comes in the form of loose leaf, plug, or twist / roll.

SNUFF

Snuff is finely ground tobacco packaged moist, dry, in pouches or packets (dip, snus).

DISSOLVABLES

Dissolvables are finely ground tobacco pressed into tablets (orbs), sticks, or strips.



CDC Tips From Former Smokers

Oral cancer in her cheek spread to her jawbone, classifying it as Stage IV cancer. Doctors had to remove half of her jaw.



CDC Tips From Former Smokers

Doctors removed his larynx, part of his esophagus, and collarbone and then reshaped and stretched his stomach to serve as an esophagus.

Some cigarette companies now make and sell smokeless tobacco products

Many smokeless tobacco products contain **cancer-causing chemicals**.

- Tobacco-specific **nitrosamines**, which form during the growing, curing, fermenting, and aging of tobacco.
- The higher levels of these **chemicals**, the greater the risk for **cancer**.

Other chemicals in tobacco that can cause cancer:

- A **radioactive element** (polonium-210) found in tobacco fertilizer
- Harmful metals (**arsenic**, beryllium, cadmium, chromium, cobalt, **lead**, nickel, **mercury**.)
- Chemicals formed when tobacco is cured with heat (polynuclear aromatic hydrocarbons also known as **polycyclic aromatic hydrocarbons**)



CDC Tips From Former Smokers

It nearly caused her to lose a foot because of clogged blood vessels. During that time she learned that she had lung cancer.

Rose



CDC Tips From Former Smokers

He now has a stoma (opening) in his throat that allows him to breathe and a laryngeal implant that allows him to speak.

Shawn

SMOKEFREE.GOV

On this site you will find support, tips, tools, and expert advice to help you or someone you love quit smoking.



Smokefree Texting Programs



Nicotine Replacement Therapy



Smokefree Social Media



Smokefree Apps



Build Your Quit Plan

1-800-QUIT-NOW

All states have quitlines with counselors who are trained specifically to help smokers quit. Call this number to connect directly to your state's quitline. Hours of operation and services vary from state to state.

REFERENCES

- https://www.cdc.gov/tobacco/basic_information/smokeless/index.htm
- <https://www.cdc.gov/tobacco/campaign/tips/index.html>
- <https://www.quit.com/maintain/quit-smoking-hotlines.html>
- <https://smokefree.gov/>



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