



Fact Sheet 5—Smokeless Tobacco (Chewing Tobacco and Snuff)

Facts:

- Smokeless tobacco is **not** a safe alternative to smoking. It contains nicotine, which is addictive!
- Chewing tobacco is leaf tobacco chewed by placing a wad between the cheek and teeth and sucking on it.
- Snuff is finely ground tobacco; a pinch is placed between cheek or lower lip and gum.
- Since smokeless tobacco is held in the mouth longer than smoke, it allows more harmful chemicals to enter your system.
- Pipe tobacco, cigars, low tar cigarettes, and **all** smokeless tobacco are not safe forms of tobacco.
- Smokeless tobacco manufacturers increase the amount of nicotine to keep users hooked.
- Smokeless tobacco companies especially target male adolescents; they often do so via sponsorship of rodeos, rock concerts, and endorsements by sport celebrities.
- Serious health risks such as damage to the delicate lining of the mouth and throat may result in cancer for the smokeless tobacco user.
- Other health risks include heart disease and stroke; the heart must work harder by increasing the heart rate and blood pressure.
- Smokeless tobacco also causes bad breath and decrease in taste and smell.

- Smokeless tobacco increases saliva flow causing user to spit often.
- Smokeless tobacco stains teeth a yellowish-brown color and causes tooth abrasion, gum recession, and tooth decay.
- Three million users are under age 21; 25% start in the sixth grade; 75% by ninth grade. 60% of kids believe smokeless tobacco is not very harmful...WRONG!
- REMEMBER: All forms of tobacco are dangerous to smokers and nonsmokers alike.