

# Smokeless Tobacco

## Smokeless Tobacco

Smokeless tobacco is also called spit tobacco, chewing tobacco, chew, plug, snuff or dip.

There are several types of smokeless tobacco, including:

- **Snuff:** a finely ground or shredded tobacco. It can be loose or packaged in teabag-like pouches. The user puts a pinch or dip between the cheek and gum. Snuff can also be inhaled through the nose.
- **Chewing tobacco:** a loose leaf or twisted tobacco. The user puts a pinch or dip inside the cheek.
- **Orals:** a tobacco product that dissolves in the mouth.
- **Snus:** small pouches of moist snuff the user swallows, not spits.

## Facts About Smokeless Tobacco

- Smokeless tobacco contains a mix of 4,000 chemicals, including as many as 30 or more that are linked to cancer, according to the U.S. Federal Drug Administration (FDA).
- Smokeless tobacco products are not a safe alternative to smoking. Any form of tobacco contains many toxic chemicals and high levels of nicotine.

For example, the nicotine levels in 1 tin of smokeless tobacco is roughly equal to 4 packs of cigarettes.



**Smokeless tobacco is not a safe alternative to cigarettes.**

These chemicals move from your mouth to all parts of your body through your bloodstream.

- Smokeless tobacco contains *a lot* of sugar. This can raise your blood glucose.

## Effects of Smokeless Tobacco

Using smokeless tobacco causes:

- an increased risk of cancer of the mouth, throat, stomach, esophagus, or pancreas
- gum disease and gum recession (when your gums pull away from your teeth)
- sores, white patches, red patches and lumps in your mouth
- increased heart rate, blood pressure and heart attack
- bad breath and stained teeth.

It is important to see a dentist every 6 months when you use smokeless tobacco so the dentist can watch for pre-cancerous changes in your mouth.

**(over)**

## Preparing To Quit

- ❑ Make a personal pact with yourself to quit.
- ❑ Pick a date to quit.
- ❑ Research quit options and make sure you have your option on your quit day.
- ❑ Write down your quit plan.
- ❑ Build support before you quit. Have people who will support your decision and help you quit.
- ❑ Make plans on how to handle situations and people that make you want to use tobacco.
- ❑ Plan your reward for each day you do not use tobacco.
- ❑ Get ready to quit. Get rid of your tobacco products.
- ❑ Quit on your quit day.

## Quitting Aids

There are many ways to quit. It's important to choose methods that appeal to you.

Take some time to consider which options make sense to you:

- **Nicotine replacement therapy (NRT)** works by replacing some of the nicotine you used to get so you don't feel as uncomfortable after quitting. NRTs give you a low level of nicotine without the harmful chemicals.

NRT patches, gum, lozenges, inhalers and sprays help you manage cravings to put you in control. There are 7 FDA-approved medicines available to help you quit tobacco.

- **Aromatherapy** uses essential oils to maintain and restore health. It encourages your body's natural ability to relax and heal, and supports the balance.

- **Acupressure** works by applying gentle pressure on specific points in your wrist or arm. It helps restore balance, reduce stress, and create a sense of calm and peace.
- Try replacements for tobacco such as:
  - sugarless gum
  - hard candy
  - beef jerky
  - sunflower seeds
  - tobacco-free chew (commonly made of shredded mint leaves or coffee grounds).

Success at quitting is more likely when you use NRT medicines with a support program.

Talk with your health care provider about the best treatment options, including amount or dose, for you.

## Learn More

Go to [allinahealth.org/quit](https://allinahealth.org/quit) or scan the QR code to learn more about quitting and to find resources to help you quit.



**Information adapted from the  
National Cancer Institute and the  
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