

Smokeless Tobacco

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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 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
National Institutes of Health.**