



SMOKELESS TOBACCO

Some people think that smokeless tobacco is a safe alternative to smoking. They are dead wrong. Smokeless tobacco contains 28 different cancer-causing ingredients. It also contains the drug nicotine — possibly the most addictive drug there is. Eight to ten uses deliver the same amount of nicotine as 30 to 40 cigarettes!

Smokeless tobacco users are constantly spitting slimy, brown tobacco juice and saliva. The habit leaves users with bad breath, stained teeth, dental problems, and much more.

DRUG ID

Varieties: Chewing tobacco comes in loose leaf, plug, and twist forms. Snuff is finely ground tobacco that is found in dry, moist, and sachet (pouch) forms.

Street Names: Chew, snuff, spit, dip

Methods of Use: Users either chew a wad of tobacco or suck on a pinch (a “dip”) of snuff for a long period of time.

Actions: Nicotine is absorbed through the lining of the mouth into the bloodstream. Within a few seconds, the user feels both relaxed and alert.

THE NUMBERS

19.7% of 12th graders used smokeless tobacco at least once in their lives; 7.8% use it regularly.

Smokeless tobacco users have a 50 times greater risk of oral cancer than non-users.

MAKE HEALTHY DECISIONS
BE DRUG FREE!





- Faster heart rate
- High blood pressure
- Bad breath
- Stained teeth
- White and red spots in the mouth

S

USING OVER TIME

- Gum disease
- Jawbone loss
- Oral cancer
- High blood pressure
- Tooth decay
- Stroke
- Heart disease

M

WAY TO GO

P

Not only is using smokeless tobacco a nasty, messy habit, but it will give you bad breath and rotten teeth. If that's not bad enough, it can also cause cancer. Choose not to chew.

E

GO OPY