



# twist Smokeless tobacco

comes in two forms: **chewing tobacco** and **snuff**. It may be called "**chew**," "**dip**" or "**rub**." Chewing tobacco is sold as leaf or plug tobacco, and users put it between their cheek and gum. Snuff, which is ground-up tobacco, comes in a can. Users put a pinch of it between their lower lip and gum.

Like cigarettes, smokeless tobacco is highly **addictive**. One pinch of smokeless tobacco contains enough nicotine to hook a first-time user. Smokeless tobacco also contains poisons that lead to **oral, throat and lung cancer**. Treatment for severe cases of cancer caused by smokeless tobacco, such as removal of the user's jaw, is highly **disfiguring**. And cancers caused by smokeless tobacco use can, like other cancers, spread throughout the body and **kill**.



Using **smokeless tobacco** leads to **addiction and serious health problems**.

Don't be fooled by the image of the tough cowboy or successful athlete using smokeless tobacco. There is nothing tough or cool about the dental problems and cancer that smokeless tobacco use causes. It is an expensive, dirty and dangerous habit that is difficult to quit.



# Smokeless Tobacco...

your habit  
or your **life.**



# The Lowdown on Smokeless Tobacco

## Why use it?

Many people say they started using smokeless tobacco because of people pressuring them to try it, or to look cool. Then they found out it doesn't feel good or give any kind of a high. What they do experience are the immediate effects of the nicotine in smokeless tobacco:

- Vomiting
- Increased blood pressure
- Increased heart rate
- Decrease in skin temperature
- Sweating
- Thickening of the blood
- Narrowing of the arteries
- Diarrhea

## What's in smokeless tobacco?

In addition to nicotine, smokeless tobacco contains:

- **Polonium** – a radioactive chemical found in nuclear waste
- **Formaldehyde** – a preservative for dead bodies
- **Cadmium** – a car battery acid
- **Nitrosamine** – a cancer-inducing chemical

Some brands of smokeless tobacco contain the deadly poisons arsenic and cyanide.

## Isn't smokeless tobacco safer than cigarettes?

Doctors believe that it's actually more addictive and dangerous. The nicotine in smokeless tobacco is the same nicotine that's in cigarettes. And a can of snuff contains as much nicotine as 60 cigarettes. Nicotine affects the brain and central nervous system, and causes addiction. That means that after a short amount of time, users will need to have nicotine in order to feel normal.

## What are the short-term effects?

- Chronic halitosis (bad breath)
- Stained teeth (brown, green, yellow, black)
- Scratched tooth enamel
- Rotted teeth
- Bleeding gums
- Receding gumlines

## What are the long-term effects?

- Addiction
- Mouth calluses
- Oral cancer
- High blood pressure
- Lung cancer
- Cardiovascular disease
- Death

## What happens when a person gets oral cancer?

Oral cancer spreads very quickly, and may spread to the pharynx, esophagus, pancreas or any other part of the body. It is difficult to target and destroy. Most of the time, it will kill. Sometimes doctors will try to stop its spread by removing cancerous parts of the body, such as the jaw, tongue, lung or larynx.

## Is using smokeless tobacco cool?

Some people think that chewing is the cool thing to do. All it takes is a look in the mirror to see that using smokeless tobacco is dirty and disgusting. Stained teeth, rotting gums and bad breath aren't attractive.



## Will using smokeless tobacco improve your game?

Research studies on baseball players found no evidence that chewing tobacco helped them concentrate or play better. Because using smokeless tobacco increases blood pressure and causes the narrowing of arteries, it actually can hurt an athlete's performance.



Be Smart—  
Don't Start.