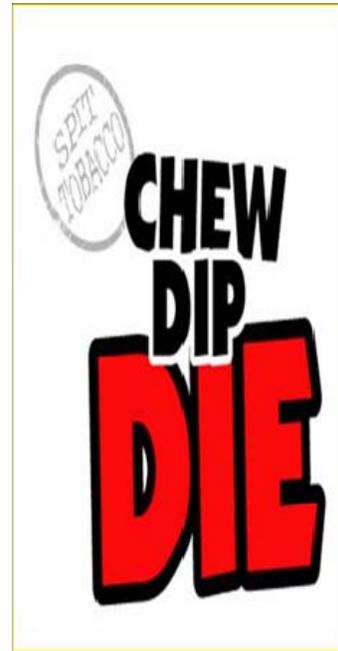


Smokeless Tobacco (Chewing Tobacco, Snuff or Snus)

Smokeless tobacco is not a safe alternative to smoking and, in fact, contains a higher concentration of nicotine than cigarettes. Research shows that smokeless tobacco can cause oral cancer, especially in the cheeks, gums, and throat, as well as oral problems, such as mouth sores, gum recession, tooth decay, bad breath, and permanent discoloration of teeth.

Smokeless tobacco is...

- Addictive:** Some researchers indicate that spit tobacco can be as addictive as morphine and cocaine.
- Dangerous:** Contains cancer causing chemicals you don't need. For example: Formaldehyde, cyanide, and arsenic.
- Potentially Deadly:** Over half of all smokeless tobacco users have oral lesions that can be pre-cancerous. Oral Cancer accounts for more than 8,000 deaths each year.



Downloads

[The Hard Facts on Smokeless Tobacco](http://www.healthy.arkansas.gov/programsServices/tobaccoprevent/Documents/SmokelessBrochure.pdf) (<http://www.healthy.arkansas.gov/programsServices/tobaccoprevent/Documents/SmokelessBrochure.pdf>)

Resources

[Arkansas Tobacco Quitline](http://www.healthy.arkansas.gov/programsServices/tobaccoprevent/Pages/TobaccoQuitline.aspx) (<http://www.healthy.arkansas.gov/programsServices/tobaccoprevent/Pages/TobaccoQuitline.aspx>)

[Fax Referral Program](http://www.healthy.arkansas.gov/programsServices/tobaccoprevent/Pages/TobaccoQuitline.aspx) (<http://www.healthy.arkansas.gov/programsServices/tobaccoprevent/Pages/TobaccoQuitline.aspx>)

[Tobacco Prevention and Cessation Program](http://www.healthy.arkansas.gov/programsServices/tobaccoprevent/Pages/default.aspx) (<http://www.healthy.arkansas.gov/programsServices/tobaccoprevent/Pages/default.aspx>)

[Ask. Advise. Refer.](http://www.askadviserefer.org/) (<http://www.askadviserefer.org/>)

[American Dental Association](http://www.ada.org/3013.aspx?currentTab=1) (<http://www.ada.org/3013.aspx?currentTab=1>)

[MyLastDip.com](http://www.mylastdip.com)

[Oral Health America NSTEP](http://oralhealthamerica.org/programs/nstep%C2%AE) (<http://oralhealthamerica.org/programs/nstep%C2%AE>)

Quitline Number:

1-800-784-8669