MIDDLE

NO TOBACCO
IS SAFE TOBACCO

THE ADDICTION TO SMOKELESS TOBACCO IS JUST AS STRONG AS IS THE ADDICTION TO CIGARETTES — IF NOT WORSE.

Holding the average dip or chew in your mouth for 30 minutes gives you as much nicotine as smoking three cigarettes. And, since smokeless tobacco is absorbed directly into the bloodstream through the lining of the mouth, it gives you a big hit of nicotine.

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In addition to chewing tobacco, companies have begun producing other forms of smokeless tobacco including teabag-like pouches and dissolvable tablets. These products serve to continue the dependency on nicotine.

BACK

Arkansas Tobacco Prevention and Cessation Program
4815 West Markham, Slot 3
Little Rock, AR 72205
(501) 661-2953

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Arkansas Tobacco Quitline
1-800-QUIT-NOW
1-800-784-8669
Open seven days a week
7 a.m. – 2 a.m.
Free medications, while supplies last.

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Services are available in English, Spanish, Marshallese and more than 160 other languages.

SOS
STAMP OUT SMOKING
ARKANSAS DEPARTMENT OF HEALTH

Your Tobacco Settlement Dollars at Work

FRONT

TAKE OUT TOBACCO
IN ANY FORM
1-800-QUIT-NOW

SOS
STAMP OUT SMOKING
ARKANSAS DEPARTMENT OF HEALTH

Your Tobacco Settlement Dollars at Work

JUST BECAUSE THERE IS NO SMOKE, DOESN'T MEAN THERE'S NO FIRE.

Studies have found that 60 to 78 percent of smokeless tobacco users have oral lesions. Leukoplakia, which can lead to oral cancer, occurs in more than half of all users in the first three years of use. Oral cancer can form within five years of regular use.

Know what to look for:

- A sore that does not heal
- A lump or white patch (Leukoplakia)
- A prolonged sore throat
- Difficulty in chewing
- Restricted movement of the tongue or jaws
- A feeling of something in the throat

If you notice any of these symptoms, seek medical advice immediately.

Smokeless tobacco is far from being harmless and is not a healthy alternative to smoking.

You might be surprised at how far the effects of smokeless tobacco can travel in your body.

Tooth abrasion
Gum recession
Increased tooth decay
Tooth discoloration and bad breath
Nicotine dependence
Unhealthy eating habits
Oral cancer
Other cancers — including cancer of the pharynx, larynx and esophagus

Smokeless users are also at a higher risk for heart disease, stomach problems, fatigue, muscle weakness, dizziness and decreased physical performance.

TRASH THE TIN

TOBACCO COMPANIES HAVE TRIED TO MAKE PEOPLE THINK THAT SMOKELESS TOBACCO IS A SAFE ALTERNATIVE TO SMOKING, BUT IT ISN'T. IT'S ADDICTIVE AND DEADLY.

That's why the Quitline also helps you kick the smokeless addiction. The treatment is the same, except your Quit Coach® helps you deal with the specific issues that a smokeless user faces.

Tobacco use is an addiction, regardless of the form — treat it as such, and get the help you need.