

THE HARD FACTS ON SMOKELESS TOBACCO.



Tobacco comes in many forms, not just cigarettes. Several products fall within the category of smokeless tobacco. Each holds its own danger. Instead of harming the lungs and respiratory system, smokeless tobacco attacks the mouth, teeth and throat.

Smokeless tobacco can be found in the following forms:

CHEW • PLUG • SNUFF • SNUS • NASAL SNUFF • STRIPS
NASAL ROCKET • TOBACCO GEL • NICOTINE DRINKS • STICKS • ORBS

Spit tobacco, for example, is made from a mixture of tobacco, nicotine, sweeteners, abrasives and thousands of chemicals, including 28 known carcinogens.

Tobacco companies use smokeless products to target children and young, white males. So they become addicted before the true dangers are understood.

Ad campaigns for smokeless tobacco traditionally focus on events such as professional motor sports, rodeos, and bull riding.

Some forms of smokeless tobacco can lead to cancer within only five years of regular use.

60-78 percent of all smokeless tobacco users have oral lesions.

Leukoplakia, a precancerous lesion, occurs in more than half of all users in the first three years of use.

One dip of spit tobacco is equal to smoking three or four cigarettes.

Adolescents who use smokeless tobacco are more likely to become smokers.

Packaging of mint and candy-flavored nicotine tablets closely resemble gum and candy and are intended to discourage smokers from quitting and encourage young people to start.



1-800-QUIT-NOW
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