What is smokeless tobacco?

- Chewing tobacco
- Dip
- Snuff
- Snus

Chewing tobacco isn’t as bad as smoking cigarettes, right?

No! While many people view smokeless as “healthier” because there is neither tar nor smoke, all forms of tobacco are very harmful to the body. In fact, there are over 30 chemicals and carcinogens in smokeless tobacco that are known to cause cancer!

What are the risks of using smokeless tobacco?

- Bad breath
- Stained teeth
- Tooth and gum loss
- Gum disease
- Precancerous white color mouth sores
- Heart attack
- High blood pressure

Can cause cancer of

- Mouth
- Tongue
- Cheek
- Gums
- Throat
- Stomach
Holding an average size of **dip** in your mouth for **30 minutes**
gives you as much nicotine as **smoking three cigarettes**.

**What are the risks of using smokeless tobacco?**
- Bad breath
- Stained teeth
- Tooth and gum loss
- Gum disease
- Precancerous white color mouth sores
- Heart attack
- High blood pressure

**Can cause cancer of the following**
- Mouth
- Tongue
- Cheek
- Gums
- Throat
- Stomach

**PRICE of Tobacco**
- $3 average cost of DIP TOBACCO
- 2 week = $300 year
- 1 day dipping habit = $1,100 year

In 2015, Americans bought **$3.7 billion** worth of smokeless tobacco

**When cravings strike**, use the **4 Ds** to fight the urge:

1. **Delay for 10 minutes**
   Every minute you stall after feeling a craving is another minute you didn’t dip or chew.

2. **deep breaths**
   Close your eyes and slowly breathe in through your nose and out through your mouth.

3. **drink water**
   Drink water slowly, sip by sip.

4. **do something else**
   Some activities trigger cravings. Avoid known triggers.

---

**3.5%** of adults use smokeless tobacco

**7 out of 100 men** dip or chew

**1 out of 100 women** dip or chew