

Smokeless Tobacco



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

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Holding an average size of **dip** in your mouth for **30 minutes** gives you as much nicotine as **smoking three cigarettes.**

3.5% of adults use smokeless tobacco



7 OUT OF 100 men
dip or chew

1 OUT OF 100 women
dip or chew



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PRICE of Tobacco

\$3 average cost of **DIP TOBACCO**



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



Delay for **10 minutes**

Every minute you stall after feeling a craving is another minute you didn't dip or chew.



deep **breaths**

Close your eyes and slowly breathe in through your nose and out through your mouth.



drink **water**

Drink water slowly, sip by sip.



do something else

Some activities trigger cravings. Avoid known triggers.