PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

SmokelessTobacco: No Smoke, No Danger? No Way.

What is chewing tobacco?

- also called spit, chew, plugs, twists, snuff, smokeless, dips - it's all the same thing.
- usually sold as leaf tobacco and put between the cheek and gum.
- users keep chewing tobacco in their mouths for several hours to get a continuous high from the nicotine in the tobacco.
- snuff is a powdered tobacco that is put between the lower lips and the gum - just a pinch is all that's needed to release the nicotine.

Chewing tobacco:

- contains more nicotine and is more addictive than cigarettes.
- makes you more likely to get cancer of the mouth.
- has 3000 chemicals (28 are known cancer-causing elements).
- is mixed with sand and fiberglass to cut the inside of your mouth so the nicotine can get into your bloodstream faster.

Long-term use increases risk of cancer of the mouth or cheek by up to 50 times.

What does chewing tobacco do to me?

- can make you addicted and lead to withdrawal symptoms if you quit.
- nicotine narrows your blood vessels, slowing reaction time and causing dizziness.
- may cause cancer of the mouth.
- increases risk of cancers of the throat, voice box, and esophagus.
- may increase the risk of heart disease, diseases of the arteries and veins, high blood pressure and stroke.
- can cause gum and tooth disease,yellowing teeth, and chronic bad breath.

Some quick facts:

- 8 - 10 dips in a day is the same as smoking 30 - 40 cigarettes.
- holding an average dip or chew in your mouth for 30 minutes is like smoking 4 cigarettes.
- long - term use increases risk of cancer of the mouth or cheek by up to 50 times.
- half of all oral cancer victims die within 5 years.