



## Did you know?

- One can of snuff contains the same amount of nicotine as 4 packs of cigarettes.
- Dipping 8 to 10 times a day introduces as much nicotine into the body as smoking 30-40 cigarettes.
- Smokeless tobacco products are not a safe alternative to smoking.
- Studies have shown that those who switch from cigarette smoking to chewing tobacco were nearly 3 times as likely to develop cancer of the mouth or throat compared to those who quit smoking altogether.

## Thinking about change?

Talk with your doctor about treatment options. Together, you can set up a plan for a safe way to make a change.

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Because  
**WE CARE,**  
we ask  
**EVERYONE**

**SMOKELESS  
TOBACCO**



al-sbirt

## Smokeless Tobacco

Smokeless tobacco is tobacco that is not burned. Most people chew or suck (dip) the tobacco and spit out the juices that build up.



### 2 Main Types of Smokeless Tobacco:

- Chewing tobacco
- Snuff – finely cut or powdered tobacco

### NICOTINE

Smokeless tobacco contains **nicotine**, which is a highly addictive and dangerous drug that makes it hard to stop using tobacco once you start. Nicotine is easily and quickly absorbed through the lining of the mouth.

**Smokeless tobacco contains more nicotine than cigarettes.**

### Other Harmful Chemicals

Smokeless tobacco contains at least **28 carcinogens** (chemicals that are known to cause cancer). These chemicals include:

- Polonium 210 (nuclear waste)
- Formaldehyde (embalming fluid)
- Harmful Metals (arsenic, beryllium, cadmium, chromium, cobalt, lead, nickel, mercury, cyanide)

Many people who chew tobacco or dip snuff think it's safer than smoking. However, these products can be even more addictive, as they generally produce a higher dose of nicotine.

A cigarette has about 1.8 mg of nicotine, but an average serving of snuff has about 3.6 mg nicotine, while a serving of chewing tobacco has about 4.6 mg of nicotine.

## Effects of Smokeless Tobacco

### Mouth

- Cracked and bleeding lips and gums
- Wearing down of teeth
- Gums pull away or recede
- Gum and tooth disease
- Precancerous mouth sores
- Loss of teeth
- Loss of bone in jaw
- Bad breath (long term)

### Pregnancy

- Can increase the risk of early delivery and stillbirth
- Negatively affects the baby's brain development

**Smokeless tobacco causes oral cancer, esophageal cancer, and pancreatic cancer!**

### Heart

- Increased risk of heart attacks
- Increased risk of strokes
- Increased blood pressure

**Quitting tobacco isn't easy!**

**Alabama Tobacco Quitline  
(1-800 Quit Now)**

The Alabama Tobacco Quitline is a free telephone and online coaching service for any Alabamian who is ready to quit tobacco.

Information, referrals, and counseling are confidential, and sessions are designed on a schedule convenient for the caller.

**Call or visit  
[www.quitnowalabama.com](http://www.quitnowalabama.com)  
to enroll in the program!**

