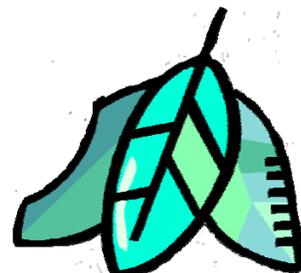


SMOKELESS TOBACCO – IT'S NOT A SAFE SUBSTITUTE

Even though it isn't smoked, using smokeless tobacco (also called snuff or spitting tobacco) is a harmful health habit. Tobacco in any form is harmful.

- More than 7 million people aged 12 and older have used smokeless tobacco within the last month.
- It is most often used by young adults aged 18–25.
- Smokeless tobacco is full of materials that can harm people. This includes nicotine and more than 25 cancer-causing substances
- Nicotine is addictive.
- The amount of nicotine in smokeless tobacco is 3 to 4 times **greater** than the amount in a cigarette.
- Nicotine is absorbed more slowly from smokeless tobacco and stays in your blood longer.



Using smokeless tobacco can cause gum disease. Using smokeless tobacco puts you at greater risk for cancer of the tongue, cheek, gums, and the floor and roof of your mouth.

Stopping the use of smokeless tobacco has many health benefits. Your health will begin to improve right away.

- Your chances of developing cancer decreases.
- Blood pressure, heart rate, and breathing start returning to normal soon after stopping.

Smokeless tobacco IS NOT a safe substitute for smoking cigarettes. Ask your health care team for help quitting smokeless tobacco.