

Smokeless Tobacco Myth Activity Answer Key

Statement	Myth/Fact	Justification/Source
Smokeless tobacco is not smoked, so it is not bad for you	<i>Myth</i>	<p>Smokeless tobacco is bad for you. The tobacco in it is known to contain many chemicals and it still has the addictive substance nicotine in it. It can do harm to your mouth and teeth—it can cause oral disease, tooth decay and tooth loss as well as receding gums and bad breath.</p> <p>Source: CDC: https://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm</p>
You are not at risk for cancers when using smokeless tobacco	<i>Myth</i>	<p>The chemicals in these tobacco products are especially harmful to those using them. There are at least 28 chemicals in smokeless tobacco that are known to cause cancer. These chemicals come from the fertilizers used to grow tobacco as well as tobacco-specific nitrosamines that are formed when the tobacco grows and is aged. These chemicals can cause cancer in the mouth, esophagus, and pancreas.</p> <p>Source: https://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/smokeless-fact-sheet https://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm</p>
Nicotine is not bad for you, it's like caffeine	<i>Myth</i>	<p>Nicotine is extremely addictive. 85% of those who try to quit relapse within a week. Additionally, they may experience severe withdrawal symptoms. Withdrawal symptoms include anger, frustration, trouble sleeping, trouble concentrating, dizziness, irritability, anxiety, and depression.</p> <p>Source: https://www.cancer.org/cancer/cancer-causes/tobacco-and-cancer/why-people-start-using-tobacco.html https://www.drugabuse.gov/publications/research-reports/tobacco/nicotine-addictive</p>



Tobacco is natural	<i>Fact</i>	<p>While tobacco may be a natural product, it contains nicotine that is a highly addictive substance. Additionally, manufacturers add chemicals to tobacco, many of which are cancer causing and harmful to the body.</p> <p>Source: CDC: https://www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/health_effects/index.htm</p>
Smokeless tobacco is a safe alternative to cigarettes	<i>Myth</i>	<p>While people may try to quit smoking by using smokeless tobacco, smokeless tobacco actually delivers more nicotine in each use than smoking cigarettes does. The amount of nicotine delivered in one “dip” or “chew” can be equal to five times the amount in one cigarette.</p> <p>Source: http://oralhealthamerica.org/wp-content/uploads/What-you-need-to-know.pdf</p>
Dip and chew improves athletic performance	<i>Myth</i>	<p>There is no evidence that smokeless tobacco improves athletic performance. Smokeless tobacco increases your heart rate that can raise blood pressure that puts extra strain on your heart. A US Army study found that smokeless tobacco users performed worse on physical fitness tests than non-users.</p> <p>Source: http://cyanonline.org/wp-content/uploads/2016/06/Smokeless-Tobacco-Fact-Card-Military.pdf https://women.smokefree.gov/media/80656/SmokelessTobacco.pdf</p>
The negative dental effects of smokeless tobacco can be reversed by good dental hygiene	<i>Myth</i>	<p>There is no evidence that enough dental care can offset the negative effects that smokeless tobacco has on gums and teeth.</p> <p>Source: https://women.smokefree.gov/media/80656/SmokelessTobacco.pdf</p>



<p>Members of Congress used to share a communal snuff box</p>	<p><i>Fact</i></p>	<p>This practice occurred until 1935. Around this time, germ theory (which explained that microorganisms naked to the eye invade other organisms and their growth and reproduction are responsible for disease) was proved and people realized these unsanitary practices caused disease. Spitting tobacco become socially unacceptable and unlawful.</p> <p>Source: Smokeless Tobacco Module, Tobacco and Sports PowerPoint</p>
<p>Smokeless tobacco use is okay because it is legal</p>	<p><i>Myth</i></p>	<p>Tobacco use is legal for people who are 21 years old and older in the state of California, yet warning labels produced from Tobacco companies reveal some of the harmful effects of their products, such as:</p> <p><u>WARNING:</u> This product can cause mouth cancer <u>WARNING:</u> This product can cause gum disease and tooth loss <u>WARNING:</u> This product is not a safe alternative to cigarettes <u>WARNING:</u> Smokeless tobacco is addictive</p> <p>Source: Smokeless Tobacco Module, Tobacco and Sports PowerPoint</p>
<p>Smokeless tobacco is perceived as more socially acceptable than cigarette smoking</p>	<p><i>Fact</i></p>	<p>75% of smokeless tobacco users reported that their parents knew about their use, compared to only 35% of smokers. This perception that smokeless tobacco is more acceptable may come from the notion that athletes are more likely to use smokeless tobacco—athletes use smokeless at twice the rate of non-athletes. However, 14 or 30 major league stadiums are now banning smokeless tobacco and professional baseball players can be seen eating sunflower seeds and chewing gum instead.</p> <p>Source: Smokeless Tobacco Module, Tobacco and Sports PowerPoint</p>

