

Smokeless Tobacco



What do they do?

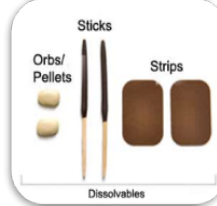
- Blood vessels in gums and cheeks take in nicotine and other toxic and cancer-causing chemicals and deliver it to the brain.

Why do we care?

- Using can increase your risk of developing oral, throat, pancreatic cancers, to name a few.
- Tooth loss and gum disease can occur, along with permanent facial disfigurement, facial paralysis and scars.



Snuff: Finely shredded tobacco is "parked" in the cheek and gums and releases nicotine when crushed.



Dissolvables: Finely ground tobacco held within a solid chemical shell that melts in saliva.



Chewing Tobacco: Larger pieces of dried tobacco that are chewed to release the nicotine.



Snus: Chemically treated tobacco stuffed in a cloth-like pouch and placed against the gum like snuff.

Is smokeless tobacco addictive?

- Yes, these products all contain nicotine, which is extremely addictive.
- Users will develop strong cravings for nicotine and will experience withdrawal symptoms when their nicotine levels drop.

Is smokeless tobacco an issue for young people?

- About 1 in 20 high school students use smokeless tobacco.
- While use is more common among boys, products such as dissolvables and snus are intended to addict girls.
- Use of smokeless tobacco may lead to cigarette use.

