

Health Effects Of Smokeless Tobacco

Smokeless tobacco use is a significant health risk and cause of disease. Despite what the tobacco companies may claim, it is NOT a safe alternative to smoking or method of quitting.¹

Chemicals Found In Smokeless Tobacco

- Smokeless tobacco and snuff contain 3,000 chemicals² including **28 carcinogens** (cancer-causing agents)³ which include:

Formaldehyde Embalming fluid	Arsenic An especially potent poison	Polonium-210 Nuclear waste	Cadmium Used in car batteries
Acetone Paint Stripper	Ammonia Toilet bowl cleaner	Nicotine Insecticide	Nickel Carcinogen

- Tobacco-specific nitrosamines (**TSNAs**) are the most harmful carcinogens. They are formed during the growing, curing, fermenting, and aging of tobacco. TSNAs have been detected in some smokeless tobacco products at levels 100 times higher than what is allowed in foods, such as bacon and beer.³

Nicotine

- Nicotine, a highly addictive substance is the main ingredient in smokeless tobacco.
- The amount of nicotine in a can of smokeless tobacco is roughly 144 milligrams, which is equal to about 80 cigarettes. In other words, one can of snuff or dip equals about four packs of cigarettes.⁴
- Nicotine from smokeless tobacco stays in the bloodstream for a longer time when compared to cigarettes.³

Short-Term Health Effects

- Bad Breath
- Cavities
- Addiction
- Decreased athletic ability
- Stained Teeth
- Gingivitis
- Ruins sense of taste and smell
- Dizziness and nausea
- Ulcers
- High Blood Pressure
- Mouth Sores (70% of smokeless tobacco users have sores)²

Long-Term Health Effects (some effects can occur earlier)

- Leukoplakia, a disease of the mouth characterized by white patches and oral lesions on the cheeks, gums and/or tongue
- Heart disease, including heart attack & stroke
- Cancer of the mouth, esophagus, pharynx, larynx, stomach and pancreas, just to name a few
- Tooth and bone loss

Symptoms Of The Harmful Effects Of Smokeless Tobacco²

- A sore that will not heal in your mouth, on the inside of your cheek, or on your tongue
- A lump or white patch in your mouth or your gums
- Difficulty chewing food
- Difficulty moving your tongue and/or jaw
- Constant feeling of something in your throat that you cannot clear out

Contact your health care provider if you are experiencing any of these symptoms.

Other Smokeless Tobacco Health Facts

- Adolescents who use smokeless tobacco are more likely to become cigarette smokers.⁵
- Smokeless tobacco users are 4-6 times more likely to develop oral cancer compared to non-users and these cancers can form within 5 years of regular use.⁶
- Smokeless tobacco use has been shown to be a gateway drug not only leading to cigarette smoking, but the use of other drugs such as alcohol, marijuana, cocaine and inhalants.⁷
- A thirty-minute chew gives you the same amount of nicotine as three cigarettes and a two can/week snuff dipper delivers the same nicotine as a 1 1/2 pack-a-day cigarette habit.⁴

For More Information

For more information go to our website: <http://www.tobaccofreeutah.org/smokeless.html>

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The TRUTH™

¹ Campaign for Tobacco Free Kids. "Smokeless Tobacco in the U.S." 4 October 2007. <<http://tobaccofreekids.org/research/factsheets/pdf/0231.pdf>>

² The Bacchus Network. "Top Facts: Spit Tobacco." November 2006. 4 October 2007. <http://www.tobaccofreeu.org/pdf/spit_web_site.pdf>

³ National Cancer Institute. "Smokeless Tobacco & Cancer: Q & A." 30 May 2003. U.S. National Institutes of Health. 4 October 2007. <<http://www.cancer.gov/cancertopics/factsheet/Tobacco/smokeless>>

⁴ National Spit Tobacco Education Program. "Spit Tobacco Facts." Oral Health America. 4 October 2007. <<http://www.nstep.org/WhatYouNeedtoKnow.htm>>

⁵ Centers for Disease Control. "Fact Sheet: Smokeless Tobacco." April 2007. Department of Health & Human Services. 4 October 2007

<http://www.cdc.gov/tobacco/data_statistics/Factsheets/smokeless_tobacco.htm>

⁶ Campaign for Tobacco Free Kids. "Health Harms From Smoking & Other Tobacco Use." 4 October 2007.

<<http://tobaccofreekids.org/research/factsheets/pdf/0194.pdf>>

⁷ Campaign for Tobacco Free Kids. "Smokeless Tobacco & Kids." 4 October 2007 <<http://tobaccofreekids.org/research/factsheets/pdf/0003.pdf>>