

HEALTH EFFECTS OF SMOKELESS TOBACCO:

ADDICTION TO SMOKELESS TOBACCO OR CIGARETTES (ADDICTION IS ESPECIALLY COMMON IN YOUNG USERS).

GREATER RISK OF THE FOLLOWING CANCERS:

ESOPHAGEAL
MOUTH
THROAT
CHEEK, GUMS, LIPS, AND TONGUE
PANCREATIC
KIDNEY

GUM DISEASE

CAVITIES

HEART DISEASE

INCREASED HEART RATE & BLOOD PRESSURE

REDUCED SPERM COUNT

GREATER RISK FOR PREECLAMPSIA OR PREMATURE BIRTH DURING PREGNANCY

STAINED TEETH AND BAD BREATH

PRECANCEROUS MOUTH LESIONS (LEUKOPLAKIA)

FOR MORE QUESTIONS, CONTACT THE WELLNESS RESOURCE CENTER

G202 MU Student Center
573-882-4634

WELLNESS.MISSOURI.EDU

wellness
resource center

REFERENCES

Benowitz, N.L.. "Systematic absorption and effects of nicotine in smokeless tobacco." *Advance in Dental Research* 11.3 (1997): 336-341. Print.

"Chewing tobacco: Not a safe alternative to cigarettes - MayoClinic.com." *Mayo Clinic*. N.p., 30 Oct. 2009. Web. 6 Apr. 2011. <<http://www.mayoclinic.com/health/chewing-tobacco/CA00019>>.

"CDC - Fact Sheet - Smokeless Tobacco Facts - Smoking & Tobacco Use." *Centers for Disease Control and Prevention*. N.p., 21 Mar. 2011. Web. 13 Apr. 2011. <http://www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/smokeless_facts>.



smokeless
TOBACCO
AN EMERGING TREND

WHAT IS SMOKELESS TOBACCO?

SMOKELESS TOBACCO (ST) COMES IN SEVERAL DIFFERENT FORMS WITH NEW PRODUCTS BEING DEVELOPED ALL THE TIME. BELOW ARE THE MOST COMMON FORMS OF ST:

CHEW loose leaf tobacco that is used by placing a “dip” or “pinch” into the lower cheek. Users then spit or swallow their saliva.

PLUG sweetened tobacco that is pressed into a brick. The user will bite off a piece of the plug, place it between the cheek and jaw, then spit or swallow the saliva.

TWIST Flavored tobacco that is twisted into a rope-like strand. It is used like chew.

SNUFF Shredded tobacco leaves that are available in moist or dry forms. Dry snuff is sometimes used by sniffing it up the nose. Moist snuff is used like chew.

SNUS a tiny pouch filled with tobacco that is placed in the upper lip. It is discrete and does not require spitting.

NEW TOBACCO PRODUCTS

With smoke-free policies going into effect across the country, the tobacco industry is coming out with more and more smokeless products. Be wary of these products as they are not being regulated and are not safe.

NICOTINE IS THE SUBSTANCE IN TOBACCO THAT MAKES IT ADDICTIVE.

HOW MUCH NICOTINE DOES SMOKELESS TOBACCO HAVE COMPARED TO CIGARETTES?

	CONCENTRATION OF NICOTINE (MG/G)	TYPICAL SINGLE DOSE (G TOBACCO)	NICOTINE IN A SINGLE DOSE (MG)	NICOTINE TYPICALLY CONSUMED IN ONE DAY
CIGARETTES	15.7	.54	8.4	168 mg (20 cigarettes)
MOIST SNUFF	10.5	1.4	14.5	157 mg (15g of snuff)
CHEW	16.8	7.9	133	1176 mg (70g of chew)

(Benowitz, 1997)

SMOKELESS TOBACCO IS **NOT** A SAFE ALTERNATIVE TO SMOKING CIGARETTES.

PREVALENCE

Nationwide, only 3.5% of adults currently use smokeless tobacco; however, ST is becoming a trend amongst young adults.

According to the MU Wellness Survey ($n=1030$), 6.8% of incoming MU students currently use smokeless tobacco. According to the Missouri College Health Behavior Survey, ($n=1154$), the statewide use rate is 7.4% of all MO college students - that's over twice the national average!

INTERESTED IN QUITTING?

CONTACT THE WELLNESS RESOURCE CENTER for **free Nicotine Replacement Therapy (NRT)** and **free one-on-one cessation coaching**. Talk to your physician or your local health department about other support options.

VISIT MYLASTDIP.COM for online support, and talk with others who are quitting smokeless tobacco.

A NOTE ABOUT NRT

Many smokeless tobacco users believe that nicotine gum and nicotine lozenges are more helpful than nicotine patches when trying to quit. These methods of NRT help satisfy the oral fixation that comes with ST and provide faster absorption of nicotine. If you are interested in using NRT, be sure to discuss the options with your physician or cessation coach.