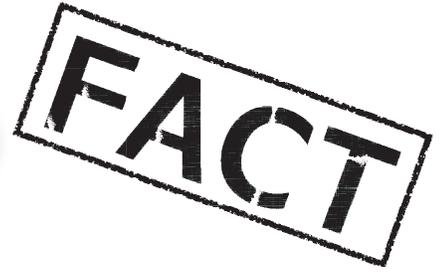




# Let's Look at the Facts on Smokeless Tobacco



## What is smokeless tobacco?

Smokeless tobacco comes in several forms: snuff, chewing tobacco, snus, sticks, strips, and orbs. Snuff is a finely ground tobacco that users put between their gum and lower lip or cheek. Chewing tobacco is a shredded, leafy form of tobacco that users hold in their mouth and chew. When using these forms of smokeless tobacco, users suck on the tobacco juices and spit often to get rid of the saliva that builds up.

Snus is a moist powder that is often packaged in a small bag similar to a tea bag. A snus user is usually able to swallow the juice rather than spit.

Smokeless tobacco can also be found in a dissolvable form, such as lozenges, strips, or sticks. Some may look like candy. Most dissolvable tobacco products dissolve in your mouth and do not require spitting or discarding the product.

All smokeless tobacco contains the addictive drug nicotine and other harmful chemicals. Nicotine is absorbed into the bloodstream through the tissues in the mouth. A user doesn't need to swallow it.

## If you don't smoke it, it has to be safe. Right?

No. Smokeless tobacco is not safe. Nicotine is addictive. Addiction to tobacco can cause health problems that require surgery and treatments. The surgeries can result in the loss of cheek and jawbones when removing cancerous tumors.

- Cancer of the mouth  
Lips, tongue, floor or roof of the mouth, cheeks, and gums
- Other cancers  
Stomach, esophagus, bladder, and pancreas
- Tooth decay
- Tooth loss
- Heart disease
- Stroke

These diseases may occur later in life, but there are also problems for teens who use smokeless tobacco.

- Hairy tongue
- Yellow and brown teeth
- Mouth sores
- Cracking and bleeding lips and gums
- Harms parts of the brain that control:  
Learning, attention, impulses and moods
- Increased risk of addiction  
Due to the developing teen brain



## Would you choose to put these chemicals in your body?

Chemicals are added to smokeless tobacco products, too.

- Nitrosamines (cancer causing agents formed during the growing, curing, fermenting, and aging of tobacco)
- Polonium-210 (radioactive element found in fertilizer)
- Cadmium (found in batteries)
- Chromium (found in stainless steel)
- Lead (found in old paint)
- Arsenic (rat poison)
- Beryllium (cancer causing agent)
- Mercury (found in thermometers)

**Most teens DO NOT use  
smokeless tobacco.**

Source: Monitoring the Future,  
[www.monitoringthefuture.org](http://www.monitoringthefuture.org)

## A person using smokeless tobacco doesn't harm others. Right?

Smokeless tobacco does not give off smoke that harms others. But people around smokeless tobacco users are often offended by the spitting that a user does. It creates a mess on the ground and looks disgusting.