

# Facts on Smokeless Tobacco

The **unsafe** alternative  
to smoking cigarettes

To quit using smokeless tobacco,  
call QUITPLAN<sup>®</sup> Services at  
1-888-354-PLAN or visit [quitplan.com](http://quitplan.com)



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- Smokeless tobacco (snuff and chewing tobacco) is **not** a safe alternative to cigarettes.<sup>1</sup> Dipping or chewing 10 times a day is addictive and can be as harmful as smoking 40 cigarettes a day.<sup>2</sup>
- Using smokeless tobacco is a major cause of oral cancers, which kill more than 8,000 people a year and often lead to severe scarring of the face.<sup>3, 4</sup>
- Smokeless tobacco users are 37 times more likely to get pre-cancerous mouth sores than non-tobacco users.<sup>4</sup>
- Using smokeless tobacco can cause your gums to pull away from your teeth. Besides looking bad, it adds to your chance of getting cavities.<sup>5</sup>
- Smokeless tobacco causes bad breath. Those who dip or chew may be used to it, but it smells bad to other people.<sup>6</sup>

<sup>1</sup> Center for Disease Control and Prevention (CDC). Determination of nicotine, pH, and moisture content of U.S. commercial moist snuff products. *MMWR*. 1999.

<sup>2</sup> Hatsukami D, et al. Smokeless tobacco use: Harm reduction or induction approach? *Preventive Medicine*. 2004.

<sup>3</sup> CDC. Preventing and controlling oral and pharyngeal cancer: Recommendations from a national strategic planning conference. *MMWR*. 1998.

<sup>4</sup> Hashibe M, et al. Risk factors for multiple oral premalignant lesions. *International Journal of Cancer*. 2003.

<sup>5</sup> Tomar SL, et al. Chewing tobacco use and dental caries among U.S. men. *Journal of the American Dental Association*. 1999.

<sup>6</sup> Barnes GM, et al. Tobacco use among high school athletes and non-athletes: Results of the 1997 youth risk behavior survey. *Adolescence*. 2001.