

# Smokeless Tobacco



Smokeless tobacco is tobacco that is not burned. It is known as chewing tobacco, oral tobacco, spit or spitting tobacco, dip, chew, and snuff.

There are two main types of smokeless tobacco: chewing tobacco and snuff.

Chewing tobacco and snuff are placed in the mouth and either chewed or held in place. The tobacco juices that build up are then spit out. Sometimes, the dry snuff can be inhaled through the nose.

## Fast Facts about Smokeless Tobacco

1. The International Agency for Research on Cancer found that at least 28 chemicals in smokeless tobacco cause cancer.
2. **Smokeless tobacco causes:**
  - Mouth, tongue, cheek, gum, and throat cancer
  - Cancer in the esophagus (the swallowing tube that goes from your mouth to your stomach)
  - Stomach cancer
  - Pancreatic cancer
  - Possible increase in risk of heart disease, heart attacks, and stroke
  - Addiction to nicotine (which can lead to smoking)
  - Leukoplakia (white sores in the mouth that can become cancer)
  - Receding gums (gums slowly shrink from around the teeth) and gum disease (gingivitis)
  - Bone loss around the roots of the teeth
  - Abrasion (scratching and wearing down) of teeth
  - Cavities and tooth decay
  - Tooth loss
  - Stained and discolored teeth
  - Bad breath
3. Smokeless tobacco **IS** addictive. It contains nicotine just like cigarettes. The nicotine is absorbed from the mouth or nose directly into the blood.
4. Smokeless tobacco is **NOT** safer than smoking cigarettes. There is no safe level of tobacco use since all tobacco causes illness.
5. Smokeless tobacco is not a good way to quit smoking since it is too harmful and addictive.

### NCI offers free information about quitting smokeless tobacco:

- Call NCI's Smoking Quitline at 1-877-44U-QUIT (1-877-448-7848). Talk with a cessation counselor. You can call the quitline Monday through Friday, 8:00 a.m. to 8:00 p.m., Eastern time.
- Use LiveHelp online chat. You can have a confidential online text chat with an NCI smoking cessation counselor Monday through Friday, 8:00 a.m. to 11:00 p.m., Eastern time.