

The Smokeless Risk

Tobacco

Is smokeless tobacco a less risky choice than cigarettes?

No! Although smokeless tobacco is not harmful to those around you, it is as risky to you as smoking cigarettes.

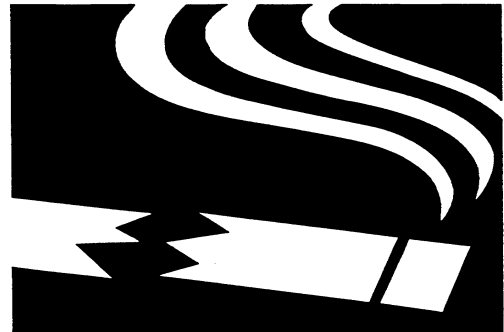
- The risks linked to smokeless tobacco include nicotine addiction. In fact, the nicotine enters your body faster when chewed and this can speed up the addictive process.
- Smokeless tobacco users are trading the risk of lung cancer for cancer of the mouth and throat.
- Smokeless tobacco users increase their chances of gum disease.
- Smokeless tobacco increases the risk of coronary heart disease and heart attacks.

How do I quit?

Stopping any tobacco habit is not easy. Regular users of smokeless tobacco can become just as addicted to nicotine as people who smoke.

Contact Quitline Iowa:

You may reach Quitline Iowa from 8 a.m. to midnight, seven days a week, by calling 1-800-QUIT-NOW (1-800-784-8669). Trained health counselors provide information and assistance to help you quit the use of tobacco products.



Here are some tips for quitting:

1. Think of reasons why you want to quit.
2. Pick a date to quit.
3. Throw out all chewing tobacco and snuff.
4. Ask friends, family, teachers, and coaches to help.
5. Find alternatives to smokeless tobacco. Try substituting sugarless gum, apple slices, nuts, sunflower seeds, or raisins.
6. Find activities to keep your mind off of smokeless tobacco like hobbies or exercise.
7. Ask your doctor about a program to help you stop.
8. Remember that everyone is different. Develop a quitting plan that works for you.
9. Reward yourself! Save the money you would have spent on smokeless tobacco and buy something nice for yourself.

For more information about smokeless tobacco or other Understanding Series fact sheets, call 515-281-6225.

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