

## What Exactly Is "Smokeless" Tobacco?

Smokeless tobacco, also called spit tobacco, chewing tobacco, chew, chaw, dip, plug, and probably a few other things, comes in two forms: snuff and chewing tobacco.

Snuff is a fine-grain tobacco that often comes in teabag-like pouches that users "pinch" or "dip" between their lower lip and gum.

Chewing tobacco comes in shredded, twisted, or "bricked" tobacco leaves that users put between their cheek and gum.



## So I'm Thinking of Quitting ... What Do I Do Now?

There are tons of available resources for someone wishing to quit smokeless tobacco. Listed below are several different support group websites in which over-the-counter cessation aids can be found as well as other tips for quitting. Before using any alternative forms of nicotine be sure to discuss this as well as prescription cessation aids with your doctor.

### Centers for Disease Control and Prevention

Office on Smoking and Health  
Telephone: 1-800-CDC-4636 (1-800-232-4636)  
<http://www.cdc.gov/tobacco/how2quit.htm>

### National Cancer Institute

Telephone: 1-877-448-7848  
<http://www.cancer.gov>

### Nicotine Anonymous

Telephone: 1-877-TRY-NICA (1-877-879-6422)  
<http://www.nicotine-anonymous.org>

### Smokefree.gov

(Info on state telephone-based counseling programs)  
Telephone: 1-800-QUITNOW (1-800-784-8669)  
<http://www.smokefree.govNicotine>



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## A Few Facts You Should Know About Smokeless Tobacco



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## This Is Better For Me Than Smoking Right?

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Actually neither smoking nor smokeless tobacco has been proven scientifically to be worse than the other.

However, many doctors feel that smokeless tobacco is worse than smoking. Smokeless tobacco contains 28 carcinogens (cancer causing agents). Cigarettes contain significantly fewer carcinogens.

In a study that looked to examine carcinogen levels in the blood of smokers and smokeless tobacco users. One group was made up of people that smoked one pack cigarettes/day and the other group was made of those that dipped one can/day. The dippers consistently had higher carcinogen levels.

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## What All Does Smokeless Tobacco do to My Body?

Fine grit materials are put into tobacco which contributes to tooth abrasion. Constant pressure in one spot of the gum eventually leads to gum recession and can actually expose the tooth's nerve root causing increased tooth sensitivity. Smokeless tobacco can also cause increased tooth discoloration and eventually cause tooth decay and constant bad breath.

It can also lead to unhealthy eating habits. Smokeless tobacco leads to damage of our taste buds and sense of smell causing us to crave more salty and sweet foods.

In addition to the above listed it is proven to contribute to oral cancer as well as throat, pharynx, larynx, esophagus and pancreatic cancers. In 2000, the World Health Organization listed tobacco as the second leading risk factor attributable to death.

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## So Exactly Who All Uses Smokeless Tobacco?

Data from the US Centers for Disease Control and Prevention (CDC) showed that among adults aged 18 and older in 2004, about 3% of people (6% of men and less than 1% of women) were current users of smokeless tobacco.

Approximately 14% of male high school students and 2% of female high school students use smokeless tobacco. The CDC 2004 Tobacco Survey reported that, of middle school students, 4% of the boys and 2% of the girls reported using smokeless tobacco at least once in the 30 days before the survey. Teens using smokeless tobacco are much more likely to smoke later in life.

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