

THE FACTS: SMOKELESS TOBACCO

There are different forms of smokeless products:

Chew: loose leaf, plus, twists

Snuff pouches

Smokeless tobacco contains at least 28 cancer-causing chemicals (carcinogens).

Smokeless tobacco is linked to numerous cancers (mouth, esophagus, pancreas), gum disease, tooth loss and decay, and leukoplakia.

Smokeless tobacco is highly addictive.

Using 1.5 cans of dip in a week has the same amount of nicotine as smoking 8 packs of cigarettes per week.

Dipping for 30 minutes delivers the nicotine equivalent of smoking 3 cigarettes.

Starting a quit journey.

Talk to your healthcare provider.

Quitting tobacco is not easy, but your healthcare provider is able to provide you encouragement and support with quit medications to help you quit successfully.

Reach out to the Oklahoma Tobacco Helpline by calling 1-800-QUIT-NOW.

Receive free quit coaching and support. You can even get 2 weeks free of your choice of nicotine replacement therapy.

Visit www.oktoquit.com for free cessation resources.

