



It's About Time!

## Is Chewing Tobacco Safe?

- Just because there is no smoke like cigarettes does not mean it is safe.
- Spit tobacco can cause cancer of the mouth (including the lip, tongue, cheek and floor and roof of the mouth) and throat. Some of the poisons from tobacco can get into the lining of your stomach, your throat, and into your bladder resulting in cancer in these locations.
- Chewing tobacco use can lead to nicotine addiction and dependence.
- A person who uses **8 to 10** dips or chews a day receives the same amount of nicotine as a heavy smoker who smokes 30 to 40 cigarettes a day.
- Spit contains over **3,000 chemicals** including about 28 known chemicals that cause cancer.
- Like smoking tobacco, spit tobacco may be connected with heart disease, stroke and high blood pressure. Long-term effects include white patches that form on your gums and cheeks, tooth abrasion, tooth and gum disease, loss of bone in the jaw, yellow teeth and very bad breath.
- Chewing tobacco can increase heart rate.
- Smokeless tobacco wears down your teeth, causes your gums to peel back and causes mouth sores.
- Chewing tobacco can cause your blood not to flow as it should.
- Chewing tobacco can make it harder to breathe and cause you to lose your energy to move around.
- Chewing tobacco can lead to unhealthy eating. Chewing tobacco impacts a person's ability to taste and smell. This causes users to eat more salty and sweet foods, both of which are harmful if eaten in excess.

**Call the Tennessee Tobacco QuitLine at  
1-800-QUIT-NOW (1-800-784-8669)  
IT'S FREE!!**