

NUNAVUT TOBACCO REDUCTION PROGRAM

SMOKELESS TOBACCO (SPIT/SNUFF/DIP/CHEW)



Smokeless tobacco is...

Tobacco leaves that people chew or suck.

- **Snuff:** finely ground tobacco—people place a pinch between their gum and bottom lip.
- **Chew:** shredded tobacco—people place a wad between the cheek and gum.



Most people place the tobacco in their mouth and spit out the juices that build up.

When you chew, you get...

Nicotine—very addictive drug, found in all tobacco products.

Carcinogens—at least 28 chemicals that cause cancer, found in all tobacco products.

Sweeteners—sugars and flavouring to mask the bad taste of tobacco.

Abrasives—grit in tobacco leaves that can wear down your teeth.

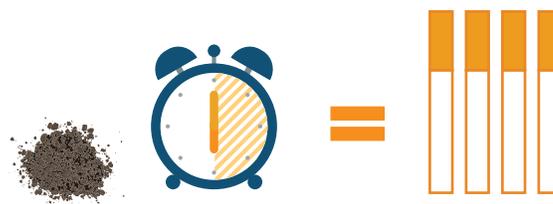
Salt—added to mask the bad taste; can also cause high blood pressure.

Nicotine and snuff

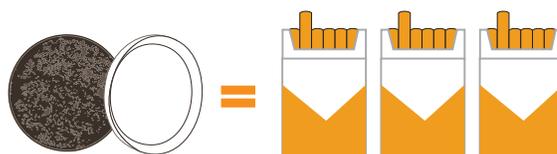
With smokeless tobacco, nicotine gets in your blood quickly through the lining of the mouth.

People get addicted to nicotine in all tobacco products, quickly and easily.

A piece of snuff in your mouth for 30 minutes has the same nicotine as four cigarettes.



One tin of chew has the same nicotine as 60 cigarettes.

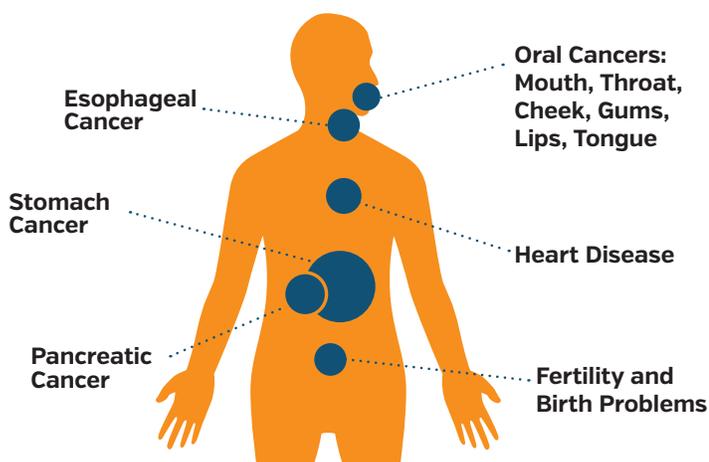


References

For a list of references, email tobacco@gov.nu.ca.
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Health effects



Oral health – Smokeless tobacco increases your chances of developing cavities and gum disease [gingivitis].

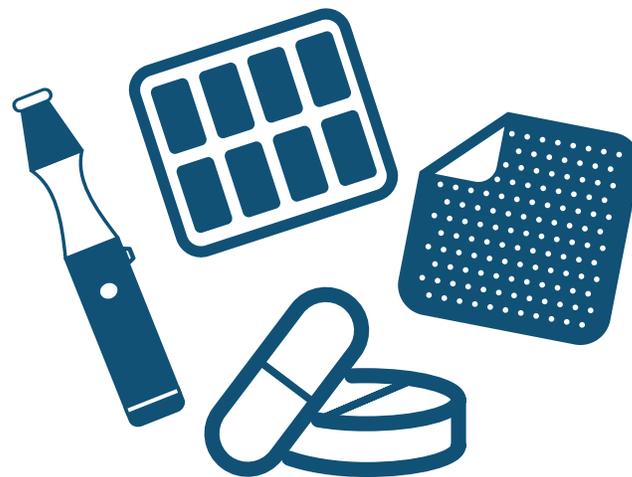


Stomach problems – Swallowing tobacco juice from chew or snuff can irritate your stomach and cause ulcers.

Quitting

Quitting snuff has the same benefits and challenges as quitting smoking.

- Talk to a health care provider about nicotine patches or gum, and medications.



- Get support from family and friends.



Contact the QuitLine
Toll free: 1-866-368-7848
Email: quithelp@gov.nu.ca



See Tobacco Has No Place Here on Facebook.



Go to: www.nuquits.ca