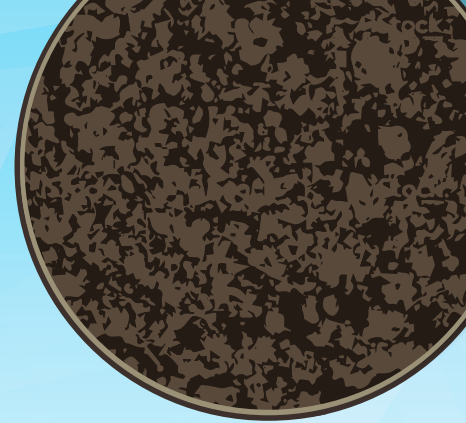


# NUNAVUT TOBACCO AND CANNABIS PROGRAM

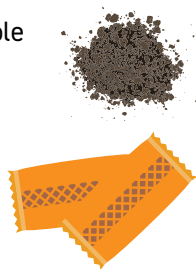
## FACT SHEET SMOKELESS TOBACCO (SPIT/SNUFF/DIP/CHEW)



### 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.

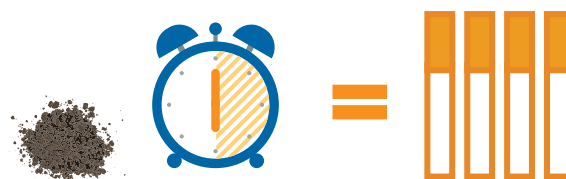
**Salt** — added to mask the bad taste; can also cause high blood pressure.

### 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.



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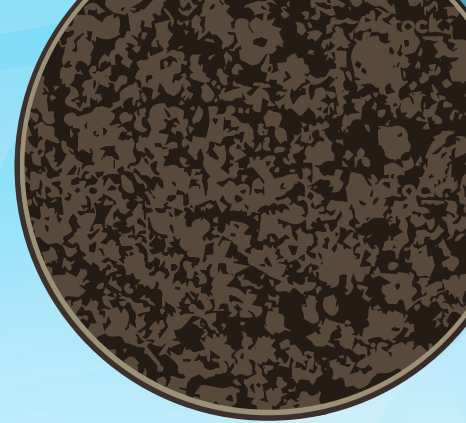
#### References

For a list of references, email [tobacco@gov.nu.ca](mailto:tobacco@gov.nu.ca)

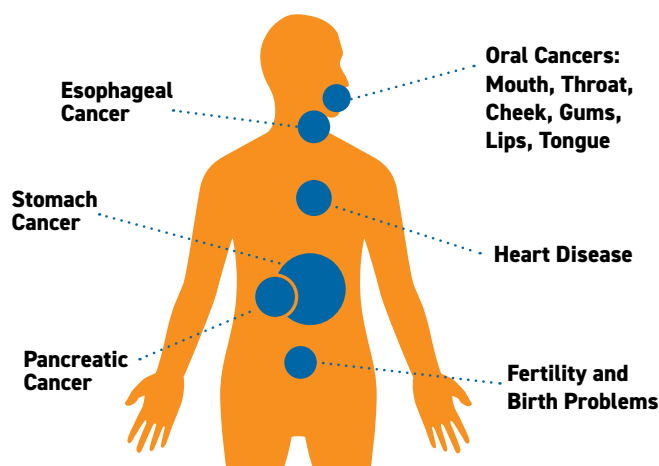
Revised February 2024

# NUNAVUT TOBACCO AND CANNABIS PROGRAM

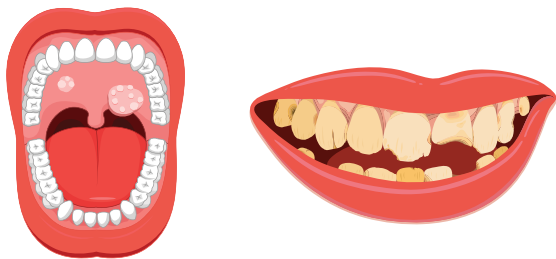
## FACT SHEET SMOKELESS TOBACCO (SPIT/SNUFF/DIP/CHEW)



### Health effects



**Oral health** – Smokeless tobacco increases your chances of developing cavities and gum disease (gingivitis).

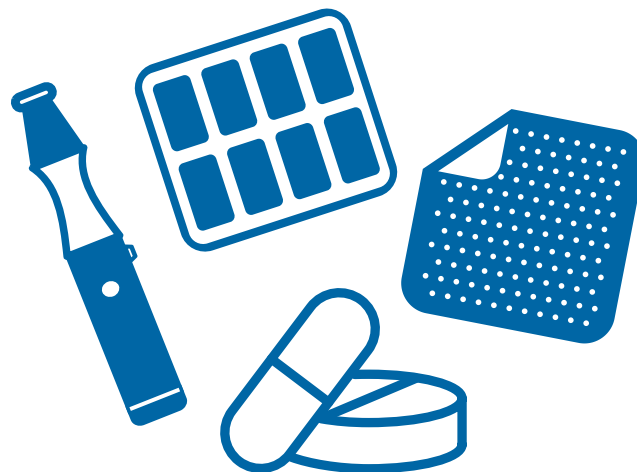


**Stomach problems** – Swallowing tobacco juice from chew or snuff can irritate your stomach and cause open sores or ulcers.

### 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: [tobacco@gov.nu.ca](mailto:tobacco@gov.nu.ca)



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