



QUIT CHEWING

**ALL SMOKELESS, ALL DANGEROUS
CHEW, SPIT, DIP, AND SNUFF**

Some people think chewing tobacco is safer than cigarettes because it produces no smoke. Smokeless tobacco is just as dangerous, causing addiction, disease, and death. The US Surgeon General has stated, **“there is no safe tobacco product.”**



SMOKELESS TOBACCO DEADLY AND ADDICTIVE

- Smokeless tobacco is just as addictive as cigarettes.
- Nicotine in smokeless tobacco is absorbed through the tissues in the mouth.
 - It is very addictive, making tobacco hard to quit.
- Smokeless tobacco contains 28 cancer-causing substances and over 2,000 chemicals.
 - It can cause cancers of the lip, tongue, cheeks, gums, and mouth.
 - Other risks include gum disease, tooth and bone loss, bad breath, and stained teeth.

AN AVERAGE DIP DELIVERS THE NICOTINE OF THREE CIGARETTES AND STAYS IN THE BLOODSTREAM LONGER, INCREASING THE RISK.

TARGETING YOUTH

- The tobacco industry continues to tempt and addict youth with smokeless products.
- Packaging can make smokeless tobacco look like candy, gum, and other harmless products.
- The FDA banned candy and fruit flavors from cigarettes to prevent tobacco use by youth.
 - Tobacco companies use flavors like fruit and mint to hook youth on smokeless tobacco.
 - Flavors mask the harsh taste of tobacco.

YOUTH WHO USE SMOKELESS TOBACCO ARE MORE LIKELY TO SMOKE.

QUIT – HELP IS FREE

- Quitting may be hard, but you can do it!
- The Maine QuitLink offers free quit support over the phone or online to all tobacco users.

INCREASE YOUR CHANCES OF SUCCESS WITH THE MAINE QUITLINK. IT IS FREE, CONFIDENTIAL, AND WORKS TWO TO THREE TIMES BETTER THAN QUITTING ALONE.

MAINE
QUITLINK.COM
1-800-QUIT-NOW



References to tobacco in this document refer to commercial tobacco use, not the sacred and traditional tobacco used by American Indian communities.