



Facts:

- **Smokeless Tobacco and Snuff**- Inhaled, Chewed, Held in Mouth; a Direct Link to Throat and Mouth Cancer
 - **Contain**- Nitrosamines which cause Cancer; Nicotine which Raises Blood Pressure and Heart Rate; May also Produce Leukoplakia (Thick, Wrinkled, White Patches Inside the Mouth) that can Develop Mouth Cancer
- **Cigars**- Increase Risk of Mouth, Throat, Tongue, Larynx Cancer



What do I need to do?

- **See your Health Care Provider**- Goal to Gradually Reduce Nicotine until no longer a Dependency
- **See a Registered Dietitian**- for Healthy Eating Choices
- **Nicotine Replacement Products**- Gums, Skin Patches, Inhalers, Nasal Sprays, Lozenges, and Non-Nicotine Pill that help to overcome Your Addiction
- **Try**- More than One Product to see what Works for YOU due to the Various Side Effects; Helps to Control Irritability and Cravings for Tobacco
- **Suggest**- a Tobacco Cessation Program which helps to deal with Tobacco Smoking or Chewing
- **Cigars- Increase Risk of Mouth, Throat, Tongue, Larynx Cancer**What can I do?
 - **Nicotine Replacement Products**- Break the Habit of Using Tobacco, Prevent Nicotine Withdrawal Symptoms
 - Products- Deliver Nicotine to the Bloodstream without Carbon Monoxide, Tars, and other Dangerous Chemicals

