



Smokeless Tobacco



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 Physician-** 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

***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

