

# SMOKELESS

# MYTHS & REALITIES



**Myth:** Smokeless tobacco is a safer alternative to cigarettes.

**Reality:** There is no such thing as a “safe” tobacco product. Smokeless tobacco can cause disease — including a variety of cancers such as oral, esophageal, and pancreatic — leading to disability and death.<sup>1</sup>

**Myth:** Smokeless tobacco doesn’t contain the same amount of nicotine as cigarettes so it isn’t as addictive.

**Reality:** The amount of nicotine absorbed in one 30-minute “dip” equals the amount of nicotine in 3 cigarettes.<sup>2</sup>

**Myth:** Smokeless tobacco doesn’t have a negative effect on my military performance like smoking does.

**Reality:** Smokeless tobacco users have been shown to perform worse on physical fitness tests.<sup>3</sup>

**Myth:** Using smokeless tobacco is good to help someone quit smoking.

**Reality:** There is no evidence that using smokeless tobacco can help someone quit smoking. **Using smokeless tobacco as a quit aid can actually lead to dual use** (using more than one tobacco product), which can exacerbate negative health effects.<sup>1</sup>

**Quit today,  
visit [kickitca.org](http://kickitca.org) for free help.**

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1. World Health Organization (2007). Smokeless Tobacco and Some Tobacco-Specific N-Nitrosamines. *International Agency for Research on Cancer Monographs on the Evaluation of Carcinogenic Risks to Humans*, Vol. 89. Lyon, France: World Health Organization.

2. National Institute of Health (2012). Smokeless Tobacco: A Guide to Quitting. Retrieved June 13, 2016 from <http://www.nidcr.nih.gov/oral-health/Topics/SmokelessTobacco/SmokelessTobaccoAGuideforQuitting.htm>

3. Bahrke MS, Baur TS, Poland DF, et al. (1988) Tobacco use and performance on the US Army physical fitness test. *Mil Med* 153:229-235.