

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.¹

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.²

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

Reality: Long-term smokeless tobacco users have been shown to perform worse on physical fitness tests.³

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 actually exacerbate negative health effects.¹



Visit kickitca.org
for free help
quitting vaping.

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1. World health Organization (2007). Smokeless Tobacco and Some Tobacco-Specific N-Nitrosamines. In *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/oralhealth/Topics/SmokelessTobacco/SmokelessTobaccoAGuide-forQuitting.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.