

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 improves athletic performance.

Reality: There's no evidence that using smokeless tobacco makes you a better athlete. Smokeless tobacco may briefly increase your heart rate and blood pressure; however, while this effect may cause a brief buzz, it puts unnecessary stress on your heart.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 may lead to dual use** (using more than one tobacco product), which can actually worsen negative health effects.¹

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. U.S. Department of Health and Human Services. (2012). Smokeless Tobacco: A guide for quitting (NIH Publication No. 12-3270). Bethesda, MD: National Oral Health Information Clearinghouse.

Visit kickitca.org for free help quitting.