

# 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 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.<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 may lead to dual use** (using more than one tobacco product), which can actually worsen negative health effects.<sup>1</sup>

**Visit [kickitca.org](http://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/SmokelessTobaccoAGuideforQuitting.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.