

**Spit tobacco is not only bad for your health, it can also be a turnoff.**

Think about the bad breath, stained teeth, brown spit and nicotine smell.



**Quitting can be hard – but you can do it.**

- ✓ Set a quit date.
- ✓ See a health care provider first to get an oral exam and talk about nicotine replacement therapy.
- ✓ If you are having trouble stopping all at once, try cutting back gradually.
- ✓ Try quitting with a friend or asking a friend for support.
- ✓ The first two weeks after you quit will be the hardest. Don't give up.
- ✓ Slips can happen; it may take a couple of tries to quit. Figure out what triggered the slip and try to quit again right away. **You can do it!**

**Spit tobacco – also called smokeless tobacco – damages the mouth as much as smoking damages the lungs. Look inside to see how spit tobacco harms your health. For more information on all types of tobacco, visit [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco) on the Internet.**

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

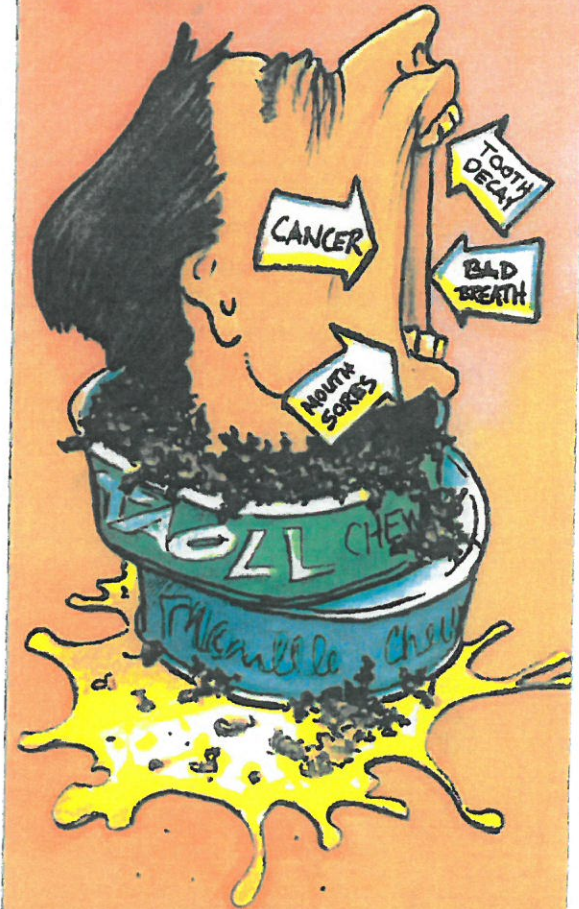
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GET THE FACTS

# The Health Consequences of Spit Tobacco

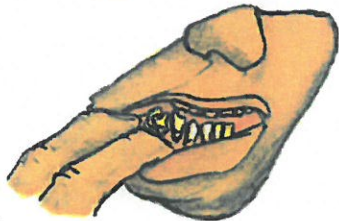


**SPIT IT OUT!**

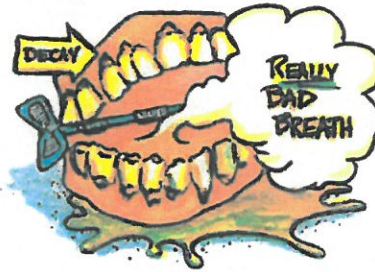
## THE HEALTH CONSEQUENCES OF SPIT TOBACCO

If you think spit tobacco is safer than smoking, think again. Spit tobacco, including dip, snuff, plug or chew, is as bad for the mouth as smoking is for the lungs. And it's just as addictive. Read on to see how spit tobacco can harm your health.

- 1 Spit tobacco contains at least **28 cancer-causing** chemicals.
- 2 Users have an increased risk of **oral cancer** (cancer of the lip, cheek, gums, and floor and roof of the mouth) and **throat cancer**.
- 3 Half of all people who get oral cancer **die within 5 years**.
- 4 Tobacco juice can make **white leathery sores** in the gums. These sores can become cancer.
- 5 **The surgery for oral cancer** may require removing part of the lips, tongue, cheek or jaw.
- 6 Spit tobacco causes **pancreatic cancer**.
- 7 Spit tobacco can **destroy gum tissue**.
- 8 Users can get **receding gums** (gums that pull away from the teeth). Gums never grow back.



- 9 It can cause **bone loss around the tooth**, making it easier for teeth to fall out.
- 10 Sugar in spit tobacco can cause **tooth decay**.

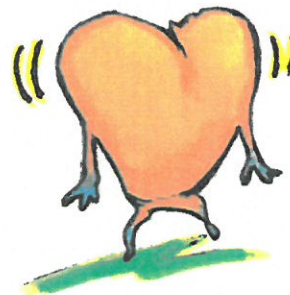


- 11 Spit tobacco **stains teeth**. The stains don't go away even when you brush.

- 12 Spit tobacco causes **bad breath**.

- 13 Spit tobacco can lead to **nicotine addiction**.

- 14 The nicotine in spit tobacco may play a role in **heart disease**.



- 15 Nicotine changes your heart rate and **blood pressure**.

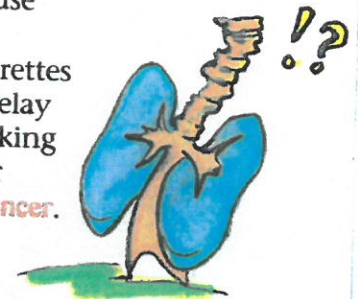
- 16 Studies suggest nicotine can cause **irregular heartbeats**.

- 17 Nicotine can **constrict blood vessels**.

- 18 Spit tobacco users have a **higher risk for heart attacks and stroke**.

- 19 Spit tobacco causes **stomach cancer** and **cancer of the esophagus**.

- 20 People who use spit tobacco between cigarettes as a way to delay quitting smoking increase their risk of **lung cancer**.



### Don't be fooled by snus.

**Snus** (sounds like "snoose") is a moist powdered tobacco. It comes in a tea-bag-like pouch and does not need to be spit. Snus, like all tobacco products, contains nicotine. Nicotine is addictive. Studies suggest snus users may have a higher risk of pancreatic cancer. Snus is **not** a safe substitute for other kinds of tobacco.

