

# SMOKELESS TOBACCO FACTS

## NATIONAL CANCER INSTITUTE

### Smokeless Tobacco Definition:

- A type of smokeless tobacco made from cured tobacco leaves. Also called dip, spit or chew. It is placed in the mouth, usually between the cheek and lower lip, and may be chewed.
- Chewing tobacco contains nicotine and many harmful, cancer-causing chemicals. Using it can lead to nicotine addiction and can cause cancers of the mouth, throat, esophagus, and pancreas. Chewing tobacco use may also cause gum disease, heart disease, stroke, and other health problems.

## AMERICAN LUNG ASSOCIATION

- Smokeless tobacco is linked to several different types of cancer, including cancer of the mouth, esophagus and pancreas.
- Smokeless tobacco contains at least 28 cancer-causing chemicals.
- Smokeless tobacco use can cause gum disease, tooth decay, tooth loss and the formation of leukoplakia that can lead to cancer.

## CENTERS FOR DISEASE CONTROL

Smokeless tobacco is associated with many health problems. Using smokeless tobacco:

- Can lead to nicotine addiction
- Causes cancer of the mouth, esophagus, and pancreas
- Is associated with diseases of the mouth
- Can cause nicotine poisoning in children
- May increase the risk for death from heart disease and stroke
- Because young people who use smokeless tobacco can become addicted to nicotine, they may be more likely to also become cigarette smokers

## TRUTH INITIATIVE

- In 2017, 12.7% of high school students in Arkansas used smokeless tobacco on at least one day in the past 30 days. Nationally, the rate was 5.5%.

### SOURCES:

<https://www.cancer.gov/publications/dictionaries/cancer-terms/def/chewing-tobacco>

[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/smokeless/health\\_effects/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/health_effects/index.htm)

[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/smokeless/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/index.htm)

<https://www.lung.org/quit-smoking/smoking-facts/health-effects/smokeless-tobacco>

<https://truthinitiative.org/research-resources/smoking-region/tobacco-use-arkansas-2019>