Facts on Smokeless Tobacco

The unsafe alternative to smoking cigarettes

To quit using smokeless tobacco, call QUITPLAN® Services at 1-888-354-PLAN or visit quitplan.com
• Smokeless tobacco (snuff and chewing tobacco) is **not** a safe alternative to cigarettes.\(^1\) Dipping or chewing 10 times a day is addictive and can be as harmful as smoking 40 cigarettes a day.\(^2\)

• Using smokeless tobacco is a major cause of oral cancers, which kill more than 8,000 people a year and often lead to severe scarring of the face.\(^3,4\)

• Smokeless tobacco users are 37 times more likely to get pre-cancerous mouth sores than non-tobacco users.\(^4\)

• Using smokeless tobacco can cause your gums to pull away from your teeth. Besides looking bad, it adds to your chance of getting cavities.\(^5\)

• Smokeless tobacco causes bad breath. Those who dip or chew may be used to it, but it smells bad to other people.\(^6\)


QUITPLAN Services are funded by ClearWay Minnesota\(^\text{SM}\). For more information, visit www.clearwaymn.org or call 952-767-1400.