

# SMOKELESS TOBACCO

**What is smokeless tobacco?** Smokeless tobacco includes products such as snus, snuff, chew, dip, plug, lozenges and non-spit tobacco products



## AZ Fast Fact

3% of Arizonans use smokeless tobacco. The majority of users are men.

- Adolescents who use smokeless tobacco are more likely to become cigarette smokers
- Rural areas have a higher-than-average smokeless tobacco use rate.

### Smokeless tobacco is:

**Addictive:** Users of smokeless tobacco and users of cigarettes have comparable levels of nicotine in the blood. Nicotine is absorbed through the mouth tissues directly into the blood. As a result, the amount of nicotine absorbed is 3-4 times greater than delivered by a cigarette, and will stay in the bloodstream longer. Furthermore, it has been shown that an average-size dip/chew in the mouth for just 30 minutes can deliver as much nicotine as smoking 3 cigarettes.

**Harmful:** Smokeless tobacco is not safe. Smokeless tobacco affects the mouth and throat more directly than smoking. Smokeless tobacco is absorbed directly into the gums causing immediate as well as long-term damage. Smokeless tobacco contains at least 28 chemical toxins and is known to cause cancer.

### What can I do about it?

Quitting tobacco reduces the risk of throat and mouth cancers and decreases risks for other chronic diseases. It can take between 8-12 attempts before one can successfully quit chew. A combination of nicotine replacement therapies (patch, gum, lozenge or medication) and the support of a quit coach increase the likelihood of staying quit. The Arizona Smokers' Helpline can help you quit smokeless tobacco, call 1-800-55-66-222 or visit [ASHLine.org](http://ASHLine.org) to get personalized assistance for you to quit.

### What is Arizona doing?

Arizona participates in several programs that work to help prevent and control tobacco use, including:

- **Arizona Smokers' Helpline: 1-800-55-66-222 or [ASHLine.org](http://ASHLine.org)**  
ASHLine provides free telephone and online quit coaching and free nicotine replacement therapies (NRT) to all Arizonans.
- **ADHS Bureau of Tobacco and Chronic Disease: [tobaccofreearizona.org](http://tobaccofreearizona.org)**  
ADHS BTCD works to prevent youth initiation of smoking and chew and provides services to help people quit tobacco.

### Who uses smokeless tobacco?

155,000 Arizonans use smokeless tobacco - a little over 3% of the adult population. White males in rural communities are more likely to be users of smokeless tobacco products.<sup>1</sup> Hispanics and females are least likely to be users.

### Why is smokeless tobacco so dangerous?

Smokeless tobacco is not smoked, but chewed or left in the mouth. 28 cancer causing chemicals are found in smokeless tobacco along with nicotine, which creates a physical need or addiction.

### Smokeless Tobacco:

- Causes cancer (throat, mouth, pancreatic).
- Increases risk for heart disease.
- Creates dental issues, like yellow teeth, gum deterioration and cavities.
- Causes lesions and white patches to appear in the mouth.

### Further information and resources

Arizona Smokers' Helpline  
**1-800-55-66-222** or **[ASHLine.org](http://ASHLine.org)**  
ASHLine provides free telephone and online quit coaching and free nicotine replacement therapies (NRT) to all Arizonans.

Centers for Disease Control and Prevention  
**[cdc.gov/tobacco](http://cdc.gov/tobacco)**

An online source for credible health information, including basic information about the health effects of tobacco use, tobacco prevention and tobacco cessation resources.

American Cancer Society  
**[cancer.org/cancer/cancercauses/tobaccocancer](http://cancer.org/cancer/cancercauses/tobaccocancer)**

A comprehensive web-based resource for those affected by cancer, including patients, family, friends, survivors, caregivers, health information seekers, professionals, donors and volunteers.



Bureau of Tobacco and Chronic Disease  
[www.tobaccofreearizona.com](http://www.tobaccofreearizona.com)