

Chewing Tobacco

Chewing tobacco is placed in the mouth rather than smoked. It comes in many forms: Copenhagen, snuff, and ash added to tobacco leaves.

Chewing tobacco is dangerous!

Using it can lead to serious health problems including:

- *Certain types of cancer*
- *Gum and tooth problems*
- *High blood pressure*
- *Increased risk of heart attack and death*



Cancer of the mouth

Chewing tobacco is very addictive because of nicotine, which is found in all forms of tobacco.

Chewing tobacco also contains:

- **carcinogens** (cancer-causing agents)
- **lead** (found in nerve poison)
- **hydrocarbons** (found in car exhaust)
- **cadmium** (used in car batteries)
- **sodium** (salt, which should be used in moderation)



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Health effects of chewing tobacco:

- **Can cause cancer in the:**

- *Mouth*
- *Larynx (voice box)*
- *Esophagus (tube that food passes through)*



A white patch in the mouth can lead to mouth cancer

- **Increased risk of heart problems** — high blood pressure, stroke, heart attack.
- **Wounds inside the mouth** — cold sores, cuts.
- **Wear and tear on tooth enamel** — caused by the grit and sand found in chew.
- **Tooth decay and cavities** — because of sugar that is added to chew.
- **Leukoplakia** — a leathery white patch inside the cheeks or on the gums. It may appear in the area where tobacco is held. Cancer can develop from the leukoplakia.
- **Receding gums** — when tobacco juice irritates gum tissues.
- **Exposed roots** — sensitivity to hot and cold, increase of decay, early tooth loss.

Sources: www.ada.com • U.S. Department of Health and Human Services, Public Health Service, National Cancer Institute
www.smokingstinks-aaco.org

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