

# Smokeless Tobacco Facts



## SMOKELESS TOBACCO FACTS

Know the facts about smokeless tobacco and discover how better starts today with VA's resources.

### • SMOKELESS TOBACCO INCLUDES PRODUCTS SUCH AS CHEW, DIP, SNUFF, AND SNUS.

Smokeless tobacco is lodged between the cheek or lip and the gum, but it can also be chewed or snorted. Typically, these products are meant to be spit out, but many users swallow the tobacco instead.

### • SMOKELESS TOBACCO CONTAINS DANGEROUS CHEMICALS.

Dip and chewing tobacco contain 2,000 chemical compounds, including 30 that can cause cancer. In fact, the level of cancer-causing agents is as much as 100 times higher in smokeless tobacco than in other tobacco products. On top of that, smokeless tobacco contains more nicotine than cigarettes, which may cause an even stronger dependence.

### • USING SMOKELESS TOBACCO CAN LEAD TO LONG-TERM HEALTH ISSUES.

Using smokeless tobacco may cause esophageal, oral, or pancreatic cancer; gum disease; heart disease; oral lesions; tooth decay; and tooth loss. If you notice the following symptoms, contact your doctor immediately to be checked for oral cancer:

- A sore in your mouth that bleeds easily and/or doesn't heal
- Trouble chewing, swallowing, or moving your tongue or jaw
- Soreness or swelling that doesn't go away
- A white patch that doesn't go away
- A lump in your mouth or neck.

### • BETTER STARTS TODAY. BETTER HEALTH STARTS WITH YOU.

There are many benefits of setting aside smokeless tobacco for good, including:

- Reduced risk of cancer
- Improved oral health, including gum and tooth health

### • VETERANS ARE MORE LIKELY THAN OTHERS TO USE TOBACCO.

According to the U.S. Department of Veterans Affairs' 2019 Survey of Veteran Enrollees' Health and Use of Health Care, 5% of Veterans reported using smokeless tobacco over the survey period — more than twice the percentage of users in the general U.S. adult population.



## HELP FOR STOPPING TOBACCO USE

### • COUNSELING AND MEDICATION CAN HELP.

Research has shown that most people find the best way to ditch the dip or chuck the chew is by combining tobacco cessation counseling with medication designed to relieve nicotine cravings and the urge to use. Learn more: [www.mentalhealth.va.gov/quit-tobacco/how-to-quit.asp](http://www.mentalhealth.va.gov/quit-tobacco/how-to-quit.asp).

### • VA CAN HELP.

Dip and chewing tobacco contain 2,000 chemical compounds, including 30 that can cause cancer. In fact, the level of cancer-causing agents is as much as 100 times higher in smokeless tobacco than in other tobacco products. On top of that, smokeless tobacco contains more nicotine than cigarettes, which may cause an even stronger dependence.

- Veterans can call VA's quitline — 1-855-QUIT-VET (1-855-784-8838) — for free tobacco cessation counseling before and during the quitting process, offered in English or Spanish.
- Veterans can text SmokefreeVET, VA's text messaging program that provides extra encouragement to smokeless tobacco users as they stop using tobacco products. To enroll, text VET to 47848 or visit [smokefree.gov/VET](http://smokefree.gov/VET).  
*Para inscribirse en SmokefreeVET en español, manda el texto VETesp al 47848.*