



Think **DIPPING**

is better than smoking?

A 30-minute chew is equivalent to smoking 3 cigarettes.²

The amount of nicotine absorbed from smokeless tobacco is 3 to 4 times the amount delivered by a cigarette.¹

Nicotine from spit tobacco stays in the bloodstream longer than smoking.¹

About 1/3 of people who try spit tobacco will become regular users.⁴

What about the health risks?

Brushing and flossing do NOT get rid of the effects of dipping. Cancer can still develop.³

Food will taste better a week after a person quits using dip.³

People who dip have 50 times the chance of getting oral cancer compared to non-users.²

...of the people that develop oral cancer, only half will survive more than 5 years.²

Dip and chew can cause gums to pull away from teeth. The gums do not grow back.³

3 out of 4 college athletes (75%) have never used spit tobacco.⁵

Ready to Quit? Want to help a friend?

Go to www.tobaccofreeu.org



Call 1-800-QUIT-NOW

50.2% of college athletes who ever used tobacco have stopped using because they are concerned about what it might do to their health.⁵

CITATIONS

1. National Cancer Institute. Smokeless Tobacco and Cancer: Questions and Answers Fact Sheet. Accessed February 2009
2. The Bacchus Network. Quit the Spit. Brochure. 2006
3. National Institute of Dental and Craniofacial Research and National Cancer Institute. Spit Tobacco: A Guide for Quitting. Brochure. Bethesda, MD, 2000.
4. Centers for Disease Control. Smokeless Tobacco Fact Sheet, November. 2005.
5. National Collegiate Athletic Association. Study of Substance Use Habits of College Student-Athletes, 2009.