



MANITOBA ADDICTIONS AWARENESS WEEK

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Smoking & Chewing Fast Facts

Chewing tobacco is leaf tobacco chewed by placing a wad - called a "quid" or "chaw" - between the cheek and the teeth and sucking on it.

Snuff is finely ground tobacco. It is "dipped" by placing a pinch between the lower lips and teeth. It may also be breathed through the nose.

Common names for smokeless tobacco include: chew, spit, dip, pinch, snuff, plug, and dirt.

Nicotine is the addictive chemical found in tobacco which produces a stimulating effect on the body. Users often become physically and emotionally dependent on it.

So far, 28 cancer-causing substances have been found in smokeless tobacco.

Use of all forms of tobacco causes about 75% of cancers of the mouth, tongue, lips, throat and parts of the nose and larynx.

The total cost of illness leading to death for inpatient and outpatient services in general hospitals is \$69.1 million for tobacco.

Users often develop leukoplakia; white, thickened, rippled patches of tissue in their mouth, considered precancerous.

People can become so addicted to smokeless tobacco that they experience withdrawal symptoms if they cut down or quit.

One can of snuff per day delivers as much nicotine as 60 cigarettes.

Smokeless tobacco users become dependent on continued use because nicotine, an addictive drug, gives them a "buzz".

When the supply runs out or the users try to quit, they may become moody, have headaches and trouble sleeping and concentrating.

Some users become so addicted that they keep a pinch of snuff in place all day and during the night when they are asleep.

Many users find that when they want to quit, they can't. Smokeless tobacco is harder to give up than cigarettes.

Long-term snuff users have a 50% greater risk of developing oral cancer than nonusers because the nicotine in tobacco contains cancer-causing agents such as nitrosamines.