

# Talking Points – Smokeless Tobacco

## Slide 1: Title/Introduction

## Slide 2: Forms of smokeless tobacco<sup>1</sup>

- Chew
- Dip
- Snuff
- Snus
- Spit
- Dissolvable

### *Talking points:*

- *Just like there are many forms of cigarettes, there are many forms of smokeless tobacco.*
- *All forms of smokeless tobacco are just as addictive and harmful as cigarettes.*

## Slide 3: You're not smoking but by using smokeless tobacco you're still...

### *Talking Points:*

- *We often associate smoking with addiction and fail to recognize that all forms of tobacco use are just as addictive and harmful. It has been proven that on a typical day, a person who chews will absorb up to three times the amount of nicotine of a smoker.*
- *Since a chewer is leaving the tobacco in his/her mouth and it is being absorbed through their cheek, it will result in an increased absorption amount more than simply inhaling the nicotine.*

- *Regardless if someone is inhaling nicotine or absorbing nicotine, he/she is still consuming all carcinogens associated with tobacco use. There is no “safe” form of tobacco; all forms of tobacco have detrimental health effects.*
- *It has been proven that someone who chews an average of 8 times a day is consuming the same amount of nicotine as smoking about 40 cigarettes. Using one tin of smokeless tobacco is the equivalent of smoking 7 packs a day. There is a possibility that the person chewing is consuming much more nicotine than he/she realizes.*

Slide 4: You are still at risk for:<sup>2</sup>

- Oral cancer
- Gum/cheek cancer
- Throat, larynx, and esophageal cancer
- Tooth decay
- Cardiovascular disease
- High blood pressure
- Reproductive health complications

*Talking points:*

- *Although chewing tobacco does not directly affect the lungs it does affect the mouth, gums, cheek, teeth, and throat.*
- *Apart from the direct health consequences, chewing tobacco, like smoking tobacco, can cause high blood pressure, cardiovascular disease, and reproductive health complications.*
- *Chewing tobacco is especially common among baseball players and some of the most famous baseball players have experienced detrimental health consequences because of their chewing history. Tumors, oral decay, and cancer are much more detrimental to an athlete’s playing career than any injury they might experience on the field.*

## Slide 5: YouTube Videos

## Slide 6: Don't Smoke. Don't Chew.

### *Talking Points:*

- *There is no such thing as safe tobacco use; all forms of tobacco are equally harmful. Depending on the type of tobacco use, you may be at a higher risk for particular health consequences.*
- *Those who chew during their teen years are more likely to smoke during their adult years.*
- *It is easier to say no before you start dipping than to say no once you have become addicted.*

## Slide 6: Resources

### References:

1. "Smokeless Tobacco | Be Tobacco Free.Gov". [Betobaccogree.hhs.gov](http://Betobaccogree.hhs.gov). N.p., 2016. Web. 16 Aug. 2016
2. "Tobacco Forms And Types – The Oral Cancer Foundation". [Oralcancerfoundation.org](http://Oralcancerfoundation.org). N.p., 2016. Web 16 Aug. 2016.
3. "Boston Mayor Aims Ban At Chewing Tobacco In Public". YouTube. N.p., 2016. Web. 16 Aug. 2016.
4. "California Bans Chewing Tobacco In Baseball Parks". YouTube. N.p., 2016. Web. 16 Aug. 2016.
5. "FDA Launches New Ad Campaign Against Smokeless Tobacco – NBC News". NBC News. N.p., 2016. Web. 16 Aug. 2016.

