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Health Risks of Smokeless Tobacco

There are many different types of smokeless tobacco including dip, snuff, snus, and chewing tobacco. Recreational lozenges, strips, sticks, and small pouches of tobacco

Snuff is finely ground tobacco packaged in cans or pouches. It's sold as dry or moist and may have flavorings added.

Moist snuff is used by putting it between the gums and the lower lip or cheek. The nicotine is absorbed through the tissues of the mouth. Moist snuff also comes in small, teabag-like pouches that can be placed between the cheek and gums. These are designed to be both "smoke-free" and "spit-free." They are marketed as a discreet way to use tobacco.

Dry snuff is sold in a powdered form and is used by sniffing or inhaling the powder up the nose.

Snus (sounds like "snooze") is a type of moist snuff. It's packaged in small pouches, which are held between the gum and mouth tissues. Like spit-free snuff, the juices Like spit-free sn2lg

Still, tobacco companies often market these products as an alternative to smoking in places where smoking isn't allowed.

Smokeless tobacco causes cancer

When you use smokeless tobacco, you get about the same amount of nicotine as you do when you smoke cigarettes. You are also exposed to more than 25 chemicals that are known to cause cancer.

The most harmful cancer-causing chemicals in smokeless tobacco are **tobacco-specific nitrosamines(TSNAs)**. TSNA levels vary by product, but the higher the level the greater the cancer risk.

Cancers linked to the use of smokeless tobacco include:

[Head and neck cancers](#)³

Smokeless tobacco causes other health problems

Other harmful health effects of smokeless tobacco include:

- Increased risk of dying from heart disease and stroke
- Increased risk of early delivery and stillbirth when used during pregnancy

All smokeless tobacco has nicotine, which can lead to addiction. In teens, using nicotine can harm the parts of the brain that control attention, learning, mood, and impulse control. It may also increase the risk for future addiction to other drugs.

Learn more: [What Parents Need to Know About Tobacco](#)⁶

At this time, little is known about the health effects of dissolvable tobacco products. But we do know that teens and young adults are using these products, which can lead to nicotine addiction. Also, because these products are so tempting, they can easily poison children and pets who mistake them for candy or food.

Keeping smokeless tobacco products out of reach from children

Smokeless tobacco can lead to nicotine poisoning and even death in children who mistake it for candy.

Can smokeless tobacco be used to help quit smoking?

Manufacturers might say that spit or smokeless tobacco can help people quit smoking. **But no smokeless tobacco product has been proven to help people quit smoking.**

The U.S. Food and Drug Administration (FDA) has approved several standard treatments, including [nicotine replacement therapy \(NRT\)](#)⁷ and [certain medicines](#)⁸. These treatments *are* proven to help people quit smoking.

But **smokeless tobacco products** have not been tested enough to see if they can help a person stop smoking. Research to date has not shown that they help a person quit.

Even if using smokeless tobacco helps some people give up smoking, it can still cause cancer and other health problems. So it isn't a safe alternative. Because it still has nicotine, it's also addictive and hard to quit.

Learn more

[Guide to Quitting Tobacco](#) ⁹

Tobacco addiction is both mental and physical. For most people, the best way to quit is some combination of medicine, a method to change personal habits, and emotional support.

[Health Benefits of Quitting Smoking Over Time](#) ¹⁰

It's never too late to quit using tobacco. The sooner you quit, the more you can reduce your chances of getting cancer and other diseases.

[Know Your Cancer Risk](#) ¹¹

Take the ACS CancerRisk360™ assessment to learn more about what you can change to improve your health. By taking 5 minutes to answer a few questions, we will give you a personalized roadmap of actions with helpful resources you can use to lower your risk of cancer.

Hyperlinks

1. www.cancer.org/cancer/risk-prevention/tobacco/e-cigarettes-vaping.html
2. www.cancer.org/cancer/risk-prevention/tobacco/carcinogens-found-in-tobacco-products.html
3. www.cancer.org/cancer/types/oral-cavity-and-oropharyngeal-cancer.html
4. www.cancer.org/cancer/types/esophagus-cancer.html
5. www.cancer.org/cancer/types/pancreatic-cancer.html
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7. www.cancer.org/cancer/risk-prevention/tobacco/guide-quit-smoking/nicotine-replacement-therapy.html
8. www.cancer.org/cancer/risk-prevention/tobacco/guide-quit-smoking/prescription-drugs-to-help-you-quit-smoking.html
9. www.cancer.org/cancer/risk-prevention/tobacco/guide-quit-smoking.html
10. www.cancer.org/cancer/risk-prevention/tobacco/guide-quit-smoking/benefits-of-quit-smoking-over-time.html
11. acscancerrisk360.cancer.org/

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https://www.cdc.gov/tobacco/basic_information/heated-tobacco-products/index.html on October 2, 2024.

Centers for Disease Control and Prevention. Smokeless Tobacco: Health Effects. Accessed at <https://www.cdc.gov/tobacco/other-tobacco-products/smokeless-tobacco-health-effects.html> on October 2, 2024.

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US Food and Drug Administration. *Products, Ingredients & Components*. Accessed at <https://www.fda.gov/tobacco-products/products-guidance-regulations/products-ingredients-components> on September 25, 2024.

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