SMOKELESS MYTHS & REALITIES
Myth: Smokeless tobacco is a safer alternative to cigarettes.

Reality: There is no such thing as a “safe” tobacco product. Smokeless tobacco can cause disease — including a variety of cancers such as oral, esophageal, and pancreatic — leading to disability and death.¹

Myth: Smokeless tobacco doesn’t contain the same amount of nicotine as cigarettes so it isn’t as addictive.

Reality: The amount of nicotine absorbed in one 30-minute “dip” equals the amount of nicotine in 3 cigarettes.²

Myth: Smokeless tobacco improves athletic performance.

Reality: There’s no evidence that using smokeless tobacco makes you a better athlete. Smokeless tobacco may briefly increase your heart rate and blood pressure; however, while this effect may cause a brief buzz, it puts unnecessary stress on your heart.³

Myth: Using smokeless tobacco is good to help someone quit smoking.

Reality: There is no evidence that using smokeless tobacco can help someone quit smoking. Using smokeless tobacco as a quit aid may lead to dual use (using more than one tobacco product), which can actually worsen negative health effects.¹

Visit kickitca.org for free help quitting.