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: 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 can actually lead to dual use (using more than one tobacco product), which can exacerbate negative health effects.¹

Quit today, visit kickitca.org for free help.

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