

Quitting Chew

What is Chew?¹

Chew is tobacco that is not smoked.

- It is placed between the cheek and gums.
- Nicotine gets in the body through the lining of the mouth.
- Other names are smokeless tobacco, spit tobacco, dip, snuff or snus.

Nicotine and Chew

- The amount of nicotine you get depends on:
 - » Brand
 - » How much you use
 - » How long you leave it in
- An average-size dip left in your mouth for 30 minutes can give you as much nicotine as smoking 3 cigarettes.²

What's in Chew?

In addition to nicotine, chew contains at least 28 cancer-causing chemicals like:³

- Polonium 210 – used to make sheet plastics
- Benzene – found in rubber cement
- Nitrosamines- can cause cancer

Other chemicals:

- Cadmium - used in batteries
- Cyanide - poison
- Arsenic – found in rat poison
- Lead - once used in paint



Health Risks⁴

- **Cancer** Chew can cause cancer of the mouth, tongue, cheek, gum, throat and pancreas.
- **Mouth lesions.** About 3 out of 4 daily chewers have leukoplakia, white patches in the mouth that can cause cancer.
- **Heart disease.** The nicotine in chew can make heart rate and blood pressure go up, which can lead to heart disease.
- **Gum disease.** Even with regular dental care, chew can cause tooth loss, receding gums, stained teeth, and bad breath.
- **Cavities.** Chew contains a lot of sugar that can weaken teeth and cause cavities.

Warning Signs⁵

Talk with your doctor if you have:

- A lump in the neck
- Change in the voice
- A growth or white spots in the mouth
- Hard time swallowing
- Ear pain that won't go away
- Blood in saliva or phlegm
- Changes in skin

**Call for FREE help to quit chew!
1-800-300-8086**

¹ National Cancer Institute (2010). *Smokeless Tobacco and Cancer*

² Tobacco Stops With Me (2019). *Smokeless Tobacco Facts*

³ University of Rochester Medical Center (2019). *Smokeless Tobacco*

⁴ American Cancer Society (2015). *Health Risks of Smokeless Tobacco*

⁵ American Academy of Otolaryngology (2019). *Head and Neck Cancer*

Quitting Chew

BEFORE YOU QUIT

- **Focus on why you want to quit.** List your reasons to quit (e.g., cost, dental issues). Write down your main reason. Put it in a place where you can see it.
- **Plan how you want to quit.** Here are some ways to do it:
 - » **Cold Turkey.** Quit all tobacco use at once.
 - » **Cutting down.** Count the number of dips you have each day. Cut down and chew on a schedule. For example:
 - If you chew 10 times a day, chew just 8 (one dip every two hours).
 - Slowly add to the amount of time between dips.
 - Try going 2 hours, then 3 hours, then quit altogether.
 - » **Quit Aids.** With a doctor's okay, try nicotine patches, gum, lozenges or a medication like Bupropion SR or Chantix. These aids can help cut withdrawal symptoms like cravings and irritability.
- **Set a quit date.** Pick an exact date. If you commit to a date, your chance for quitting is better. Don't plan to quit at a stressful time.

ON YOUR QUIT DAY

- **Get rid of it all!** Throw away things that remind you of chewing, like spit cans and leftover dip.
- **Avoid triggers.** Stay away from things that make you want to dip.
- **Try something new.** Instead of dipping, use sunflower seeds, gum, jerky, herbal snuff, ground mint leaves, and caffeine-free tea bags instead. Also, you can use straws, toothpicks, hard candies, and carrot sticks.
- **Be ready for the challenge.** At first, you may feel irritable, hungry, nervous, or distracted.
 - » Many people have only mild symptoms, and some have none at all.
 - » It's true that withdrawal symptoms don't feel good, but they are harmless and will pass.

STAYING QUIT

- **Practice new ways of coping.** The more you use your strategies, the better chance you have of staying quit.
- **Ask for support.** Stay in touch with people who want to help. Even just one phone call a day can help.
- **Be aware of your thoughts.** It's common to relapse if you think, "I'll have just one dip." If that thought comes up, replace it with "Chewing is not an option."
- **Reward yourself every day.** You've earned it!