

# Know The Facts

## SMOKELESS TOBACCO



Smokeless tobacco has at least **28** cancer-causing chemicals.

IN 2015, POPULAR FLAVORED PRODUCTS LIKE MENTHOL AND MINT MADE UP **MORE THAN 50%** OF ALL SMOKELESS TOBACCO SALES.



Nonsmokers who dip snuff are **FOUR TIMES** more likely to get throat or pancreas cancer.

Almost 8% of adult Arkansans used smokeless tobacco in 2017.

ARKANSAS IS RANKED #1 IN YOUTH SMOKELESS TOBACCO USE IN THE UNITED STATES.

### HOW TO QUIT

Be Well Arkansas can help you quit. If you're thinking about quitting, our wellness counselors can help you. Call 833-283-WELL.



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## ORAL HEALTH



Smokeless tobacco is harmful to teeth and can wear them down.

**MOUTH CANCER DEATHS ARE**  
linked to smokeless tobacco.

Loose snuff, packaged snuff, and other types of smokeless tobacco  
**CAUSE RECEDING OF THE GUMS.**



### ORAL LESIONS...

**are white spots in the mouth that do not rub off.** The lesions sometimes have cells that can turn into cancer. A doctor can run tests to determine a diagnosis.

**HARMLESS LESIONS CAN HEAL AFTER YOU QUIT SMOKELESS TOBACCO.**

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