Smokeless tobacco has at least 28 cancer-causing chemicals.

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

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.

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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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 RECEILING 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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