Smokeless Tobacco

“Tobacco use is the leading preventable cause of death in the United States, killing more people than alcohol, cocaine, heroin, homicide, suicide, car accidents, fire, and AIDS combined.” -Streetdrugs (2012)

What is Smokeless Tobacco?
Smokeless tobacco is tobacco that is not burned. Smokeless tobacco products consist of tobacco or a tobacco blend that is sucked, sniffed, or chewed.

- **Chewing tobacco** is available in loose leaf, plug (brick), or twist form. The user inserts a wad of tobacco inside the cheek and/or lower lip. The tobacco can be chewed or held in place. This is also called “spit” or “spitting” tobacco due to the user spitting out the juices and saliva built up in the mouth or this can be swallowed.

- **Snuff** is finely ground, cut, or shredded tobacco. This tobacco is packaged dry, moist, or in porous pouches (similar to tea bags). There are many different scents and flavors of snuff. The user typically places a “dip” between the cheek and gum behind the lower lip or upper lip. Dry snuff can be inhaled into the nose.

- **Snus** (pronounced snoos) recently from Sweden is a new smokeless, spitless product. This tobacco product is a pouch that the user inserts between the upper lip and gum. This product can be left in the user’s mouth for approximately thirty minutes before needing to discard it.

- **Dissolvable tobacco** is compressed powder tobacco. Dissolvable tobacco dissolves in your mouth without having to spit tobacco juices. This product is similar to small hard candy.

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**Kansas Tobacco Use Prevention Program:**

If you are ready to quit, we are ready to help! A counselor will work with you during no cost, one-on-one phone calls to create your plan to quit tobacco use and fight cravings. Call 1-800-QUIT-NOW!

Funding in part provided by the City of Manhattan
The most recent survey (2012) given to Kansas State students asked the following: In the past two weeks, have you used Chewing tobacco ("snuff")?

National Average: 4.03%
Kansas State University: 6.96%

“Smokeless tobacco contains at least 28 cancer-causing agents (carcinogens). Smokeless tobacco is a known cause of human cancer.” – Be Tobacco Free

Health Risks
- Smokeless tobacco causes cancer of the Esophagus, Mouth, Stomach and Pancreas
- Possible increased risk of heart disease, stroke, diabetes and reproductive problems
- Addiction to nicotine
- Leukoplakia (leathery white sores in the mouth that can become cancer)
- Receding gums: causes gums to pull away from teeth (gums do not grow back)
- Bone loss by the roots of the teeth
- Abrasion (scratching and wearing down) of teeth
- Tooth loss
- Stained and discolored teeth

Nicotine
- Stimulant and sedative
- Directly after contact there is a "kick" from stimulation of adrenal glands causing discharge of epinephrine
- Gust of epinephrine stimulates the body which causes an instant release of glucose; increasing blood pressure, respiration, and heart rate
- Subdues insulin output from pancreas resulting in users becoming slightly Hyperglycemic
- Relapse of dopamine in regions of the brain which control pleasure and motivation
- Can exert a sedative effect (depending on dose of nicotine taken and the user)

Smokeless tobacco delivers a high dose of nicotine to its user. The average dose of snuff contains 3.6 milligrams and the average does of chewing tobacco contains 4.5 milligrams. A cigarette contains 1-2 milligrams. An average-size dip in your mouth for a half hour gives you the same amount of nicotine as 3 cigarettes. A 2-can-a-week snuff user receives the same amount of nicotine as a 1-1/2 pack-a-day smoker.
Nicotine causes pleasant feelings and makes the user want more while distracting from unpleasant feelings. As the nervous system of the user adapts to the nicotine, the user increases the amount of tobacco to reach the same effect, building tolerance. After the person finishes chewing the nicotine level in the body reduces. The pleasant feelings the user had before tend to wear off, causing the user to want more, and become irritated and edgy.

Smokeless tobacco is less harmful than smoking right?
You’re right, smokeless tobacco is less lethal than cigarettes (they kill fewer people on average). But smokeless tobacco still has high health risks and is life threatening. Smokeless tobacco is marketed towards an alternative to smoking but it has not been proven to actually help smokers quit, it in fact it increases their risk of lung cancer and new health problems can develop by smokeless tobacco.

“Tobacco use kills six million people worldwide each year – more than a third of whom will die from cancer.” –Streetdrugs (2012)

What is drug addiction?
- Chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences
- Considered a brain disease-drugs change the structure of the brain and how it works
- Can be long lasting and lead to harmful behaviors seen in people who abuse drugs
- Addiction is a treatable disease

Why should I quit using smokeless tobacco?
- Life threatening health risks and other potential health risks (listed on page 2).
- Social acceptance: Using any form of tobacco carries a high social expense (especially while dating). Characteristics caused by smokeless tobacco include bad breath, stained teeth, gum disease tend to be viewed as very unpleasant (the act of spitting is unappealing as well).
- Cost: Cost varies from user to user but one way to determine how much you spend on tobacco is to multiply how much money you spend on tobacco every day by 365 (days a year). Next multiply that by the number of years you have been using tobacco. The total will most likely surprise you. Now think about the potential costs of health care for a possible tobacco related risk.
- Setting a good example: Most tobacco users would say they do not want their children to use tobacco products. Be a good role model for your family members by quitting.
- Prove to yourself that you can do it: Everyone has different reasons for why they want to quit but the fact that you want to make this change in your life is important. Make a list of all the reasons why you want to quit. Refer back to this list when you become tempted. Stop doubting your ability to quit and prove to yourself that you can do this.

Form a quitting plan when you are ready to quit
- Make the decision to quit
- Pick a “Quit Date,” make a strong personal commitment to quit on this date
- Deal with withdrawal
- Remain quit
Before you quit

- **Tell friends and family:** Share with your friends and family about your quit date. Let your support system know how they can help you succeed.
- **Cut back before you quit:** Cutting back can be done in numerous ways including tapering down, when and where, avoid your chewing pals, and switch to a lower nicotine product.
  - **Tapering down:** Reduce to half of your usual amount before your "quit date." Replace your physical urge with sunflower seeds, gum, hard candy, etc. Begin using a nicotine replacement product if that is your choice.
  - **When and where:** Be aware of when you have the strongest cravings or what triggers cravings for you. Resist the craving for as long as you can, then next time resist longer, and so forth. Refrain from chewing during your strongest triggers.
  - **Avoid your chewing pals:** When you have an urge to chew notice what your tobacco free friends are doing at this time. It will only be beneficial to you to avoid your chewing or dipping friends while you are trying to quit so you will not be triggered by their usage.

Withdrawal

Nicotine can cause the user to be physically dependent and emotionally addicted. Withdrawal symptoms come from the physical dependence. The emotional addiction makes it hard for the user to refrain from nicotine. Tobacco users must handle the physical and emotional dependence/addiction of nicotine in order to quit using and remain a non-user.

RESOURCES

KSU Counseling Services
English/Counseling Services Bldg.
Phone: 532-6927

KSU Alcohol & Other Drug Education Service
Director: Chaz Mailey, Psy.D.
214 English/Counseling Services Bldg.
Phone: 532-6927

Alcoholics Anonymous
Noon Meeting (Mon.-Sat.)
Blue Valley United Methodist Church
835 Church Ave.
Phone: 537-9260

Alcohol and Other Drug Education Service
214 English/Counseling Services Bldg.
Kansas State University
Manhattan, KS 66506-6503
(785) 532-6927

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