

Why do you use tobacco?

People use tobacco for many different reasons. Understanding why you use may help you quit.

If you use tobacco for energy....

- Get enough rest.
- Exercise regularly.
- Take a brisk walk.
- Drink lots of cold water.
- Avoid getting bored.

If you miss the parked wad of tobacco ...

- Try sunflower seeds, lollipops, toothpicks.
- Mint tea bags
- Dried fruit

If you use tobacco for pleasure...

- Enjoy the pleasures of being tobacco free.
- Savor the taste of food.
- Spend tobacco money on other pleasures.

If you use tobacco to relax...

- Use relaxation techniques such as deep breathing and imagery.
- Avoid stressful situations when practical.
- Get enough rest.
- Play with a rubiks cube, gameboy, crossword puzzle

If you crave nicotine ...

- Try nicotine replacement therapy.
- Join a tobacco cessation group.
- Avoid triggers
- Think of yourself as tobacco free and healthy!

Adapted from National Institutes of Health's
Why do you smoke?

What is Smokeless and Dissolvable Tobacco?

Smokeless tobacco (ST) is a general word for tobacco that users do not smoke or burn. There are two forms of smokeless or spit tobacco: oral moist snuff and chewing tobacco. Snuff is finely ground tobacco that is usually packaged in a round tin and is held in the mouth next to the cheek and gum. Chewing tobacco is cut-leaf tobacco that must be chewed in order to get the flavor and nicotine. Dissolvable tobacco is made from tobacco that has been finely milled and food grade binders hold them together.

Regardless of the type these products contain many different components: nicotine, sugars, proteins, carbohydrates, sodium, pesticides, aldehydes, ketones, amines, flavoring agents and at least 30 metallic compounds. Some of these compounds are carcinogenic, or cancer-causing, such as nitrosamines, polonium 210, benzopyrene and traces of cadmium and nickel compounds, formaldehyde and coumarine.

Adapted from <http://chewfree.com>

While using ST may be less lethal than smoking, there is NO evidence to support claims that ST is a safe alternative to smoking.

Do a monthly Oral Cancer self-screening:

When brushing or flossing check for red or white patches in your mouth. Look for tender or numb areas, sores that don't heal, and lumps or rough spots. If you detect any of these signs or symptoms call your dentist at once!

Targeting Smokeless And Dissolvable Tobacco

You can be tobacco free!



MADIGAN HEALTHCARE SYSTEM
Dept. of Preventive Medicine
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In 1986, the US Surgeon General concluded that the use of smokeless tobacco is NOT a safe substitute for smoking cigarettes or cigars because these products cause various cancers and non-cancerous conditions and smokeless tobacco (ST) can lead to nicotine addiction.

The most serious health effect of ST is an increased risk of cancer of the mouth and pharynx (throat). These cancers occur several times more often with ST users compared with non-tobacco users.



Other harmful effects of ST: leukoplakia (white sores in the mouth that can lead to cancer), gum recession (peeling back of the gums), bone loss around the teeth, abrasion of the teeth, staining of the teeth and bad breath. Leukoplakia is a white sore or patch in the mouth that can become cancerous. Studies have consistently found high rates of leukoplakia at the place



in the mouth where users place the ST. One study found that almost 3/4 of daily users of ST had non-cancerous or pre-cancerous lesions (sores) in the mouth. The longer you use smokeless tobacco, the more likely you are to have leukoplakia.

Many regular ST users have gum recession and bone loss around the teeth. The surface of the tooth may be exposed where gums have drawn back. ST can irritate or destroy the tissues.



Adapted from American Cancer Society, Quitting Spit and Other Forms of Oral Tobacco
www.cancer.org

Early research suggests that ST use may also play a role in heart disease, high blood pressure, pancreatic cancer and Type II diabetes and may aggravate or accelerate atherosclerosis (plaque build-up in the arteries).

Quitting smoking is great but quitting and switching to ST still carries significant health risks!

Chemicals from using tobacco products get into your blood stream and can damage the delicate blood vessels inside your eye. **Night vision** is affected by tobacco use.

Nicotine constricts veins and arteries, which reduces blood flow throughout the body. Circulation is important to the eyes and their function. Nicotine inhibits the production of rhodopsin which is the chemical pigment responsible for dark adaptation.



Cataracts. Tobacco users can develop cataracts at an earlier age than non-users. A plaque of whitish material covers the back of the lens, scattering light rays and causing blurred vision and glare, especially at night with oncoming lights. Tobacco use can significantly affect visual acuity.

WANT TO QUIT?

Prepare yourself mentally – Think of the positive aspects of quitting, such as improved health, better smelling breath, and more money in your pocket. Remember – a positive attitude is the key to success. Quitting requires effort but is not impossible. You can join the millions who have quit.

Learn from past attempts – Do not be discouraged if this is not the first time you have tried to quit. Sometimes it takes 2 or 3 times to finally quit. Keeping a “tobacco use” log for several days can help identify triggers that increase your desire to use and help you plan ways to beat the urge. Your chances for success increase with every attempt.

Set a target date for quitting – Make a promise to that date and tell others. Do not let anything change it. Celebrate your quit day as the start of your tobacco-free life.

Know what to expect – Prepare yourself for the tobacco urge to hit and have a plan to handle it. Stock up on hard candies, gum, mouthwash, and mints. Be sure to drink plenty of fluids, especially water, to wash the nicotine out of your body. Remember withdrawal symptoms are temporary and are signs that the body is starting a healing process.

Involve someone else – Ask a friend or spouse to quit with you or to support you in your effort. Consider joining a support group or attending a tobacco cessation program.

Recognize and avoid tempting situations – Don't be caught unaware! Find new habits that make using tobacco difficult. Brush your teeth after each meal instead of using tobacco. Take a walk instead of a coffee break, but avoid smoking areas. Use the four D's to fight a craving: **Delay, Deep breathing, Drink water, Do something.** Remember, these feelings will only last a short while and will be less frequent as time goes on. Hang in there!

Avoid the weight gain trap – Weight gain is a major concern for many individuals who quit using tobacco. However, studies show the average weight gain for those who quit is only five to ten pounds and weight gain can be prevented with a sensible diet and proper exercise.

American Lung Association: 1-877-695-7848

ON-LINE RESOURCES:

www.ucanquit2.org

www.becomeanex.org

MAMC Tobacco Cessation Clinics:

Okubo Family Medicine Clinic patients
call 966-7547

Family Medicine patients call 968-2637/6512 or
1-800-404-4506

Winder Family Medicine Clinic patients can
sign-up inside at the “Specialty Clinic”

All other patients call TRICARE at 1-800-404-4506

Unit/FRG training available by calling 968-4387

For more information, please contact:

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