

# Smokeless Tobacco: Snuff, Chew & Dip

## Know the Facts:

- One dip contains three to five times the amount of nicotine as one cigarette.
- Smokeless tobacco has been associated with heart and blood vessel diseases which can affect sexual functioning
- Smokeless tobacco increases your risk of cancer of the tongue, floor of mouth, cheeks, gums, throat, voice box and/or esophagus.
- Spit tobacco contains at least 28 cancer causing chemicals such as formaldehyde (used to preserve dead bodies) and 3,000 other chemicals such as acetone (paint stripper), ammonia (toilet bowl cleaner), and cadmium (battery acid).
- Quitting smokeless tobacco has benefits you can see. Your mouth sores will slowly go away and your gums will begin to look healthier, motivating you to stay tobacco free.



*"Decide to just do it, one step at a time!"*  
**Shari Wilson, Ms. Wheelchair FL 2008**  
**and Tobacco Treatment Specialist at**  
**Self Reliance Center for Independent**  
**Living**

"Smokeless Tobacco." Smokeless Tobacco. American Cancer Society, n.d. Web. 07 Aug. 2013. <<http://www.cancer.org/cancer/cancercauses/tobaccocancer/smokeless-tobacco>>

## Why Join a *Quit Smoking Now* class?

- You double your chance of success with quitting
- No cost for classes
- 4 weeks of NRT provided free of charge

**When you are ready to quit, we are ready to help!**

## Need More Information?

- Contact your local Center for Independent Living. (Contact information on reverse side.)
- Visit [www.alectobacco.com](http://www.alectobacco.com) to find classes



Center	County	Address/Phone
Ability 1 <sup>st</sup>	Leon	1823 Buford Court, Tallahassee, FL 32308
Center for Independent Living of Broward	Broward	4800 N State Road 7 Bldg F suite 102, Fort Lauderdale, FL 33319
Center for Independent Living of Central Florida	Orange	720 North Denning, Dr. Winter Park, FL
Disability Achievement Center	Pinellas, Pasco	12552 Belcher Rd.S, Largo, FL 33773
Disability Resource Center	Bay	300 W. 5th Street Panama City, FL 32401
Independent Resource Center of Jacksonville	Duval	2709 Art Museum Drive, Jacksonville, FL 32207
Self Reliance Inc.	Hillsborough	8901 N. Armenia Ave, Tampa, FL 33604
Space Coast Center for Independent Living	Brevard	571 Haverty Suite W, Rockledge, FL 32955
Suncoast Center for Independent Living	Manatee, Sarasota	3281 17th Street Sarasota, FL 34235

To locate classes throughout Florida, use the statewide AHEC calendar located at

[www.AHECtobacco.com](http://www.AHECtobacco.com)

Or call us at 1-877-848-6696



Informed to Quit. Inspired to Quit.  
**I Quit with AHEC.**