There are four types of spit or smokeless tobacco:

Chew

- A shredded form of tobacco sold in pouches
- A pinch is kept between the cheek and gums for several hours at a time
- The gums absorb the tobacco chemicals and the juice produced is spit out

Plug

- Chew tobacco that has been pressed into a hard block
- A piece is kept between the cheek and gums for several hours at a time
- The gums absorb the tobacco chemicals and the juice produced is spit out

Snuff

- Ground-up moist tobacco sold in cans. It is also known as "dipping"
- A pinch is kept between the bottom lip and gum for several hours at a time
- The gums absorb the tobacco chemicals and the juice produced is spit out

Snus

- Comes in a small pouch, similar to a teabag
- It is kept under the upper lip for extended periods of time
- The gums absorb the tobacco chemicals, but it does not result in spitting

Some youth think spit or smokeless tobacco is harmless and even sports enhancing. Not so!

PLAY, LIVE, BE TOBACCO-FREE

For more information on this or other health-related topics contact York Region
Health Connection 1-800-361-5653   TTY 1-866-252-9933 or visit **www.york.ca**

York Region

SPiT oR SMokeLeSS ToBaCCo

TOBACCO-FREE SPORT and RECREATION
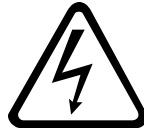
www.playlivebetobaccofree.ca

Spit tobacco contains over 3000 chemicals of which 28 cause cancer

Polonium 210
(found in nuclear waste)

Cadmium
(found in car batteries)

Formaldehyde
(used to preserve dead bodies)

Arsenic
(used in rat poison)

Nicotine
(an addictive chemical)

Benzene
(used in rubber cement)

Smokeless tobacco use can cause:

- Staining and wearing of teeth, cavities, tooth loss, gum disease and bad breath
- Significant loss of sense of taste and smell
- Fatigue, mood swings, depression, muscle weakness and dizziness
- High blood pressure, heart attacks and strokes
- The loss of bone around the teeth and jaw
- Cancers of the mouth, throat and voice box. About half of all oral cancer victims die within five years
- Cancer of the esophagus, pharynx, larynx, stomach and pancreas from swallowing the juice produced

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