

SMOKELESS TOBACCO: MYTHS VS. FACTS

**YOU
CAN QUIT²**
**MAKE YOUR FUTURE
TOBACCO FREE**

Think smokeless tobacco is harmless? Think again.

Smokeless tobacco is a tobacco product that is chewed or dipped instead of smoked. It is a threat to your sexual and reproductive health, physical fitness and appearance.

MYTH: Smokeless tobacco won't affect my mouth like cigarettes can.



FACT: Smokeless tobacco can stain your teeth, cause bad breath and make your teeth fall out.

MYTH: Smokeless tobacco does not impact my sexual health and performance.



FACT: Using tobacco narrows your blood vessels, which can negatively impact sexual performance and cause erectile dysfunction.

MYTH: I can use smokeless tobacco anywhere since there's no smoke to bother anyone.



FACT: All forms of tobacco, including smokeless, must be used in designated tobacco use areas only.

MYTH: I only smoke a few cigarettes each day and use smokeless tobacco the rest of the time. This is healthier than smoking more cigarettes.



FACT: Smokeless tobacco is harmful and puts you at risk for many of the same heart conditions and cancers as smoking. It can increase your risk for oral health issues like tooth decay and mouth cancer.

MYTH: I can quit smoking by using smokeless tobacco instead.



FACT: Smokeless tobacco is just as addictive as other tobacco products, like cigarettes. In fact, using dip for 30 minutes is the same as smoking about three cigarettes.

MYTH: Smokeless tobacco won't hurt my physical fitness or slow me down.



FACT: Workouts and drills are tougher when you are actively chewing or dipping because smokeless tobacco immediately increases your heart rate and blood pressure. Plus, the nicotine in smokeless tobacco decreases muscle strength.

Find out more about why smokeless tobacco isn't a quit fix by visiting ycq2.org.



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