



# Chewing tobacco is just as bad as smoking

Just because you don't smoke tobacco doesn't mean chewing tobacco is safe. It can cause many serious health problems and also get you hooked on nicotine.



## The health hazards of using chewing tobacco:



You increase your chances of getting cancer (mouth, tongue, gums, stomach, throat and bladder)



Your teeth can get stained yellow and your gums can recede



Your odds of a heart attack or stroke increase



Your blood pressure and cholesterol levels increase

## Just like smoking, it is possible to stop using chewing tobacco! Here are some tips:



Snack on sunflower seeds and beef jerky, or chew gum, as a substitute.



Look into Nicotine Replacement Therapy. Nicotine patches, gums, inhalers and lozenges can give you a clean dose of nicotine and help you with withdrawal symptoms.



Talk to a health professional about prescription medicines that can help you quit.



Visit your local health centre to pick up a Quit Kit.

## Chewing tobacco is also called:

CHEW

DIP

SNUFF

Government of Northwest Territories



Want to quit?  
We can help

Call the NWT Quitline at 1-866-286-5099  
All calls are private and confidential  
The NWT Quitline is open 24/7