







PLAY LIVE BE TOBACCO-FREE

Harmful Effects of Chew Tobacco

Chewing tobacco contains over 3000 chemicals and 28 carcinogens (chemicals that cause cancer) include:

-  Polonium 210 (found in nuclear waste)
-  Formaldehyde (used to preserve dead bodies)
-  Nicotine (an addictive little chemical)
-  Cadmium (found in car batteries)
-  Arsenic (used in rat poison)
-  Benzene (used in rubber cement)

Checklist

- ↪ Chewing tobacco causes cancer of the mouth (jaw, lip, tongue, cheek, floor and roof of the mouth), throat and voice box.
- ↪ You can lose bones around your teeth and jaw.
- ↪ 40 - 50% of users develop leukoplakia (white leathery patches that can develop into cancer)

- ↪ Chewing tobacco causes damage to the inside of your mouth - it yellows, scratches and wears down your teeth. Plus it gives you cavities, eats away at your gums, causes receding gums, gum disease, loose teeth and bad breath...
- ↪ About half of all oral cancer victims die within five years.
- ↪ Swallowing tobacco juice causes cancer of the esophagus, pharynx, larynx, stomach and pancreas.
- ↪ Kidney disease can be caused by the salts inside most chewing tobacco.
- ↪ You can lose your sense of taste and smell significantly on first-use.
- ↪ Chewing tobacco can lead to high blood pressure, heart attacks and strokes.
- ↪ Chewing tobacco can result in fatigue, mood swings, depression, muscle weakness, and dizziness
- ↪ Each tin of snuff contains a lethal dose of nicotine.

Websites: http://www.health.gov.sk.ca/rr_smokeless_tobacco.html
http://dceps.nci.nih.gov/terb/less_default.html



**SPEAK UP!
SPEAK OUT!**

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Youth Exposing Lies In Tobacco

they trick, they kill, they lie.
LET'S

EXTINGUISH THE CIGARETTE
Wide Awake
The New Generation