

Smokeless- The Other Tobacco Threat

Mark Long



"Smokeless is **not harmless**"

Joe Garagiola

Former Today Show Host,
Sports Announcer &
Baseball Player

Poisons in Chewing Tobacco

- Rocket Fuel

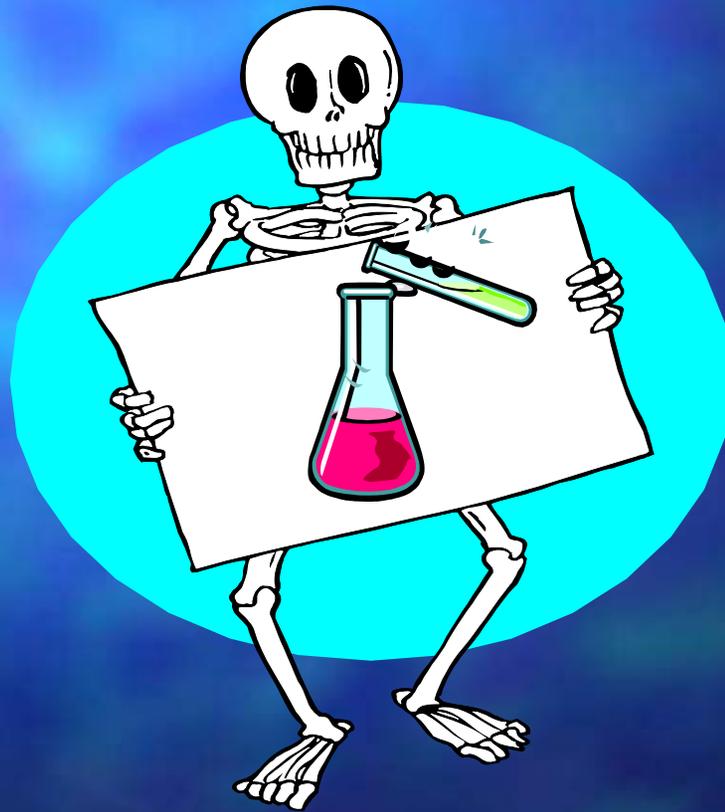
- Lighter Fluid

- Paint Stripper

- Arsenic



**Are these reasons for filling
your body full of poisons?**



Negative Social Effects

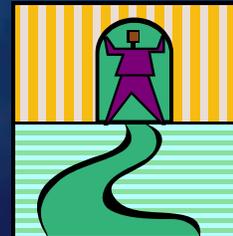
- Bad, Bad Breath!



- A Very Expensive Addiction!



- May be treated as outcast and Leper!



What are Women's Biggest Turn Off?



Men Chewing, Dipping and Spitting!



Smokeless Dental Risks

- **Tooth Decay**
- **Cavities**
- **Loss of teeth**
- **Receding Gums**
- **Oral Lesions & Carcinoma**
- **Stained Teeth**



More Negative Effects of Smokeless Use

- Learn tasks more slowly
- More jerky & irregular movements
- Poorer and decreased eye hand coordination
- Negative impact upon athletic performance!



**Join the Marines & Sailors
who have beat
their dipping addiction!**



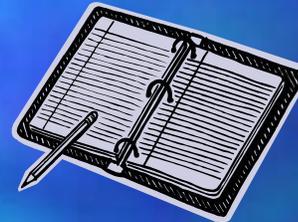
Show Everyone You Can Do It!



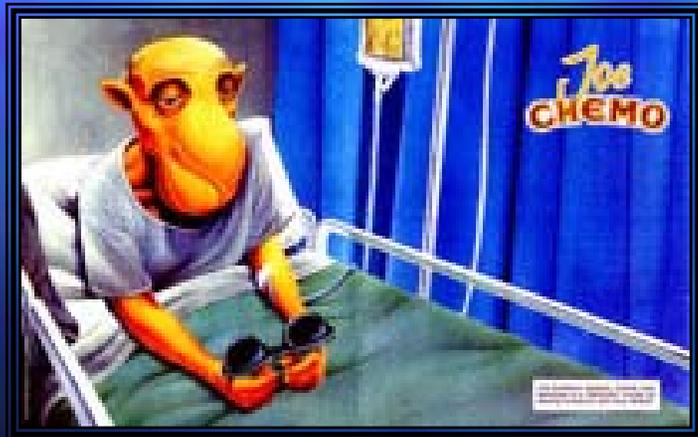
What To Do?



- Commit to quitting
- Develop a plan
- Deal with withdrawal symptoms
- Ask girlfriend/wife for positive support in quitting!
- Cope with bumps in the road



Smokeless Tobacco causes a Slow and Painful Death!



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Are you ready to Rumble? To defeat the Smokeless Threat?



You Can Beat Smokeless Tobacco!!!



Resources

- **Spit Tobacco: A Guide for Quitting**

<http://www.nider.nih.gov/health/newsandhealth/spitTobacco/Introduction/Introduction.htm>

- **9 Step Program to Quit Smokeless Tobacco**

<http://www.gmu.edu/student/quitsmoking/Smokelessnimestep.html>

- **Quit Smokeless**

<http://www.quitsmokeless.org/>

- **Smokeless Tobacco: Tips on How To Stop**

<http://familydoctor.org/1FF.xml>