Spit – Are Ready to Quit?

Back to: NIDCR Home > Health Information > Oral Health Information Index > Spit Tobacco

Spit Tobacco: A Guide for Quitting

- Introduction: So you're a dipper and you'd like to quit...
- The Dangers of Dip and Chew
- Nicotine Addiction
- Myths and Truths
- Quitting
  - Reasons to Quit
  - Planning to Quit
  - Quit Day
  - What About Medications?
  - First Week: Coping with Withdrawal
  - Second Week: Dealing with Triggers
  - Third Week: Going the Distance
- Success
- Ordering Information

spit tobacco
a guide for quitting

www.nodcr.nih.gov/cvcfbgv

www.gmu.edu/student/quitsmoking/smokelessninestep

Home FAQ Contact Us Resources Student Perspective Tools

9 Step Program To Quit Smokeless Tobacco

Start the program at 1st Inning Tip and then work your way from there! Please contact Health Education Services at (703) 993-3690 if you need any assistance or if you have questions:

1st Inning Tip - DECIDE TO QUIT CHEW/DIP

2nd Inning Tip - PICK YOUR QUIT DATE

3rd Inning Tip - CUT BACK BEFORE YOU QUIT

4th Inning Tip - GET READY FOR QUIT DAY

5th Inning Tip - QUIT DAY

6th Inning Tip - First week off-COPING WITH WITHDRAWAL

7th Inning Tip - 2nd week off-DEALING WITH TRIGGERS

8th Inning Tip - TIPS FOR GOING THE DISTANCE

9th Inning Tip - CELEBRATE YOUR SUCCESS

Quit Smokeless.org

Community

Hall of Fame

QuitTrack™

Cancer Gallery

Quit Products

Welcome

We're glad you found QuitSmokeless.org™. You will discover that with a little help from your fellow quitters, life without the tin or pouch is very possible. Read as much as you can and become involved in the Quit Smokeless Community. You can get back to a normal life without tobacco. We are proving it here, every single day.

Hall of Fame coins are here!

© 1997-2004 Quit Smokeless, Inc.

Community Statistics

Statistics for the last 30 days

Total Members	3007
Page Views	193743
Visits	15485
Total Messages	115877
Newest Member	sonnyd

- QS.org Community
- Quit Links
- About Quit Smokeless
- Comments/suggestions

PayPal DONATE

Think you can't quit? THINK AGAIN!

www.quitsmokeless.org/