

SMOKELESS TOBACCO QUIZ

Simcoe Muskoka District Health Unit
Tobacco Team



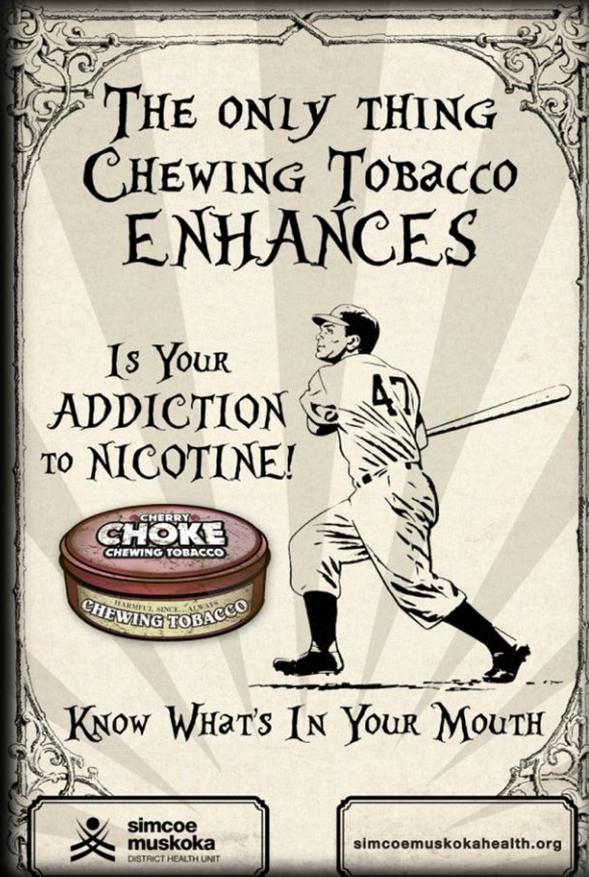


Chew tobacco use enhances
sport performance.

True or False?

True

False



False.

It raises heart rate and blood pressure within a few minutes after use. This means the heart works harder and this can result in less endurance causing an athlete to get tired faster.

All major league baseball players
use chew tobacco.

True or False?



True

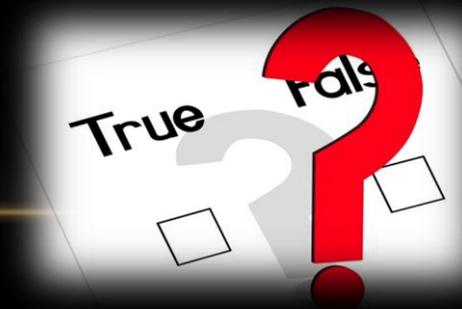
False

False.

At least 70% of major league baseball players DO NOT use chew tobacco. In 2011, the Major League Baseball Association (MLBA) banned all chew tobacco on the field and at all media and fan events.

Tobacco-free sport and recreation
gives everyone a chance to perform
at their best.

True or False?



True



False



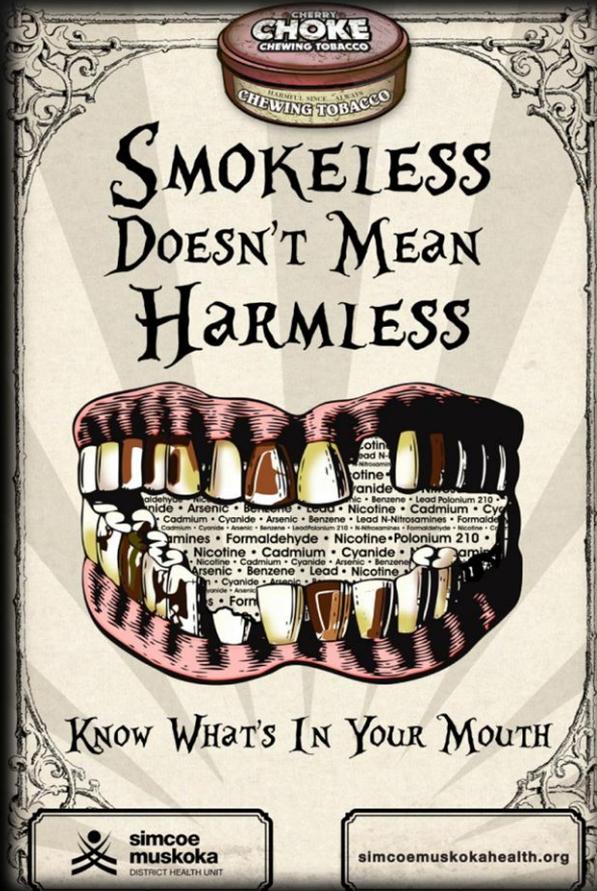
True.

Without the negative health effects of tobacco use, people can perform at their best! A tobacco-free culture also helps prevent youth from starting to use tobacco, encourages quitting, and protects the environment.

Chew tobacco is addictive.

True or False?





True

False



True.

Like cigarettes, chew tobacco contains nicotine, the addictive component. If you hold an average size chew in your mouth for 30 minutes, you get as much nicotine as you do from smoking about three cigarettes.

Using chew tobacco once in a while
is not addictive.

True or False?



True

False

THE ONLY THING
CHEWING TOBACCO
ENHANCES

IS YOUR
ADDICTION
TO NICOTINE!



KNOW WHAT'S IN YOUR MOUTH



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False.

Occasional use may lead to more frequent use and addiction.

Individuals using chew tobacco
find it easy to quit
whenever they feel like it.

True or False?



True

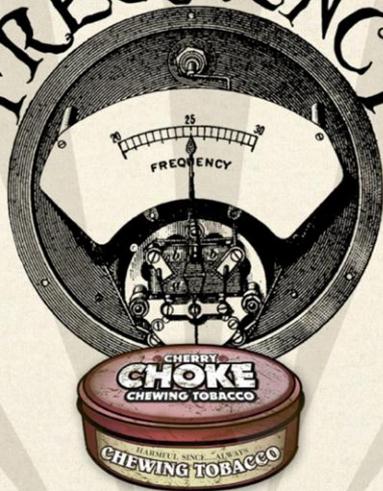
False

False.

Occasional use may lead to more frequent use and addiction.

CASUAL USE QUICKLY
RESULTS IN INCREASED

FREQUENCY



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There are cancer causing
chemicals in chew tobacco.

True or False?



True

False



True.

There are 28+ cancer causing chemicals in chew tobacco. The most harmful carcinogens are nitrosamines (formed during the growing, curing, fermenting, and aging of tobacco) and are many times higher than levels of other types of nitrosamines that are allowed in foods, such as bacon and beer.

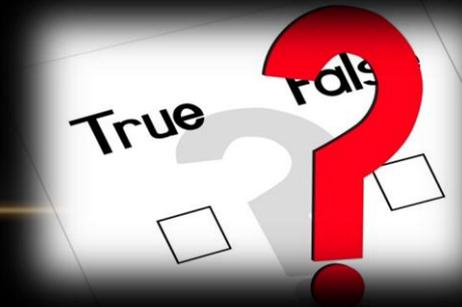
There are 1,000 chemicals in
chew tobacco.

True or False?



Chew tobacco contains abrasives that cut the lining of the mouth allowing nicotine and other chemicals to enter the bloodstream quickly.

True or False?



True



False



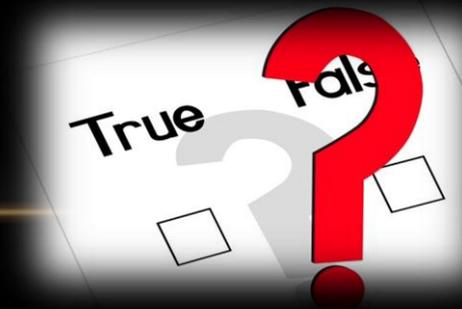
True.

Through cuts on the inside of the mouth, nicotine is absorbed into the body quickly which can lead to addiction in a short period of time.

These abrasives can also cause open sores that can become infected and pre-cancerous.

Flavours such as cherry, apple, and vanilla that are added to chew tobacco are not harmful.

True or False?



True

False

False.

These sweeteners can cause cavities and tooth loss. With deceptive packaging that makes these products look more like candy or gum, the risks associated with using chewing tobacco can be underestimated.

CHEMICALS
CAN'T BE HIDDEN
BY CANDY FLAVOURING.

Polonium 210
N-Nitrosamines
Formaldehyde
Nicotine
Cadmium
Benzene
Arsenic
Cyanide
Lead

CHERRY
CHOKE
CHEWING TOBACCO

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The flavours of chew tobacco
appeal to youth.

True or False?



True



False

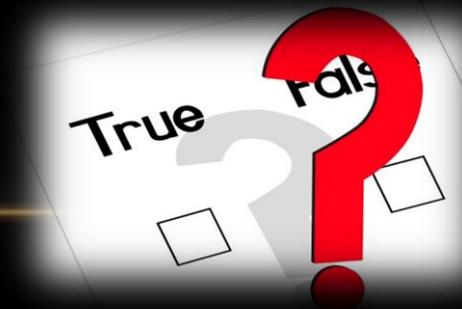


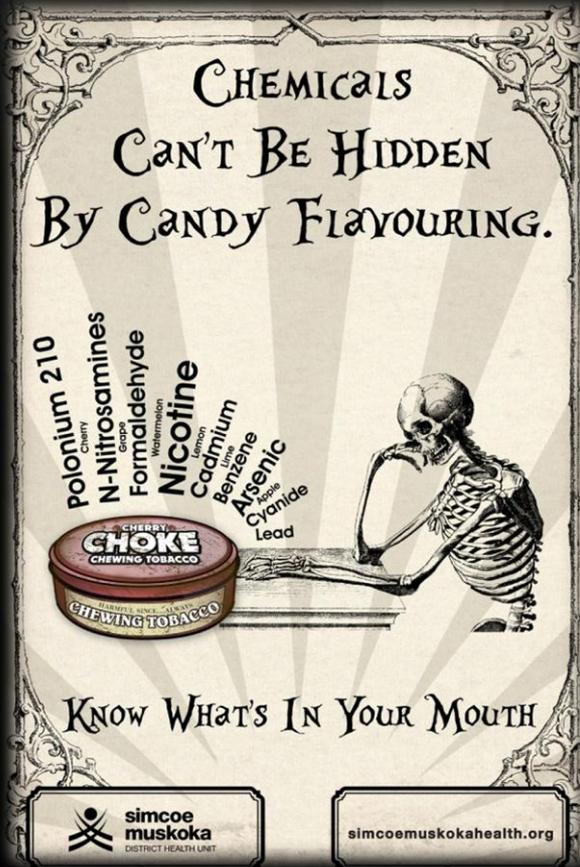
True.

By adding flavouring that appeals to youth to its chew tobacco products, the tobacco industry can attract new customers to replace customers who are dying from tobacco-related illness.

The tobacco industry uses candy
and fruit flavouring
to cover up
the gross taste of chew.

True or False?





True



False



True.

The taste also makes it more appealing for youth to try and to continue to use these deadly tobacco products.

Losing your jaw
can be a consequence of
using chew tobacco.

True or False?



True



False



True.

Oral cancers can lead to pain, disfigurement, and surgical removal of the jaw.

You cannot get cancers from using
chew tobacco.

True or False?



True

False

False.

Cancers from using chew tobacco can include mouth, esophageal, stomach, bladder, pancreatic, and throat. It's true that unlike cigarettes, chewing tobacco is not linked to lung cancer since it isn't inhaled, but these other forms of cancer may be just as deadly.

Cracked/bleeding lips,
hairy tongue, sores, white spots,
cavities, and tooth loss can occur
from using chewing tobacco.

True or False?



True

False



True.

It is very important for anyone who uses chew to check their mouth regularly and have regular dental check-ups.

ROTTEN TEETH,
HAIRY TONGUE,
CRACKED BLEEDING LIPS,
ORAL CANCER...



ALL
COURTESY
OF CHEW,
PLUG & DIP

KNOW WHAT'S IN YOUR MOUTH

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- Smokeless is not harmless
 - Don't be fooled by the tobacco industry's marketing tactics! Don't be their next new customer!
 - Be part of the majority
 - If you use tobacco – it is not too late to quit!
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