



**People living in rural areas are more than 3x as likely to use smokeless tobacco products than those living in urban areas.**

**Smokeless doesn't mean harmless.**

- Smokeless tobacco refers to many products, such as loose snus, moist snuff, dip, spit, and chewing tobacco.
  - ◇ All smokeless tobacco products are bad for health.
- Smokeless tobacco users can get the same diseases as cigarette smokers, like cancer, heart disease, and stroke.
  - ◇ There are thousands of harmful toxins in these products. About 30 of these toxins are linked to cancers, such as cancers of the mouth, esophagus, and pancreas.
  - ◇ Smokeless tobacco increases the risk of dying from heart disease and stroke.
- People living in rural areas have higher rates of death from diseases like heart disease, lung disease, and cancer than people living in urban cities.



## **No form of smokeless tobacco is a safer alternative to cigarettes.**

Smokeless tobacco is NOT an FDA approved method for quitting smoking.

### **How to get help**

- Ask your doctor or health care provider for help to quit.
- Call 1-800-QuitNow for free help.
- Visit [www.smokefree.gov](http://www.smokefree.gov) for a step-by-step quit guide.
- Explore the resources at [www.TakingTexasTobaccoFree.com](http://www.TakingTexasTobaccoFree.com)

### **Interested in quitting?**

- Use Nicotine Replacement Therapy (NRT): this is a recommended method to reduce withdrawal symptoms while satisfying your nicotine craving. Speak to your medical provider today if you are interested in using NRT, much of which is available for purchase over-the-counter. We recommend combination NRT; for example, using the patch all day and the gum periodically when cravings strike.
- Get support: this may be your close friends or family, your medical provider, or an online resource. Having strong support will help you quit smokeless tobacco for good.