Smokeless Tobacco

Smokeless tobacco contains addictive nicotine and dangerous chemicals, just like cigarettes, and it causes a number of problems with your oral health.



Chewing tobacco



Tobacco stains teeth



Mouth sores can lead to cancer

The effects of using smokeless tobacco

Smokeless tobacco is processed with just about as much sugar as you'd find in candy. That little pinch between your cheek and gums can give you:

- Unsightly stains on the teeth
- Bad breath
- Tooth decay, which can lead to fillings, root canal treatment, and crowns
- Receding gums
- Tooth abrasion, which can lead to sensitive teeth
- Periodontal disease, which can lead to further infection and loss of jaw bone and teeth

The dangers of smokeless tobacco

Using chewing tobacco can also lead to cancer. For one out of 20 to 25 people, a mouth sore like this often becomes cancerous. And even when the sore doesn't become cancer, using smokeless tobacco can lead to other health conditions, such as stomach ulcers, high blood pressure, diabetes, heart disease, clogged arteries, and stroke.

To prevent these problems, avoid smokeless tobacco. If you don't use smokeless tobacco now, don't start. If you do use it, do your best to quit.

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