SMOKELESS TOBACCO: MYTH VS. FACT

MYTH #1

Smokeless tobacco won't affect my mouth like cigarettes can.

FACT

Smokeless tobacco can stain your teeth, cause bad breath and make your teeth fall out.

MYTH #2

I can quit smoking by using smokeless tobacco instead.

FACT

Smokeless tobacco is just as addictive as other tobacco products, like cigarettes. In fact, using dip for 30 minutes is the same as smoking about three cigarettes.

MYTH #3

Smokeless tobacco does not impact my sexual health and performance.

FACT

Using tobacco narrows your blood vessels, which can negatively impact sexual performance and cause erectile dysfunction.

THINK SMOKELESS TOBACCO IS HARMLESS? THINK AGAIN.

Smokeless tobacco is a tobacco product that is chewed or dipped instead of smoked. It is a threat to your physical fitness, sexual and reproductive health and appearance. It is not a safer way to use tobacco.

MYTH #4

I only smoke a few cigarettes each day and use smokeless tobacco the rest of the time. This is healthier than smoking more cigarettes.

FACT

Smokeless tobacco is harmful and puts you at risk for many of the same heart conditions and cancers as smoking. It can increase your risk for oral health issues like tooth decay and mouth cancer.

MYTH #5

I can use smokeless tobacco anywhere since there's no smoke to bother anyone.

FACT

All forms of tobacco, including smokeless must be used in Department of Defense designated tobacco use areas only.

MYTH #6

Smokeless tobacco won't hurt my physical fitness or slow me down.

FACT

Workouts and drills are tougher when you are actively chewing or dipping because smokeless tobacco immediately increases your heart rate and blood pressure. Plus, the nicotine in smokeless tobacco decreases muscle strength.

Visit Tricare.mil/UCanQuit2 for help quitting tobacco:

Live Chat: Immediately chat with a representative about your tobacco cessation options.

SmokefreeMIL: Sign up for our text message support program and get advice on how to quit and stay quit. Text MIL to 47848.

QUIT TOBACCO
TRICARE.mil/UCanQuit2

Contact Us: dha.ncr.comm.mbx.u-can-quit-2-quit-tobacco@mail.mil