

CHEWING TOBACCO

WATCH YOUR MOUTH!

THE FACTS

Smokeless tobacco (chew, snuff, SNUS) users start as early as grade 7! The average age of first exposure is 15.

Most parents didn't know their child used chew until two years after they started!

A user of smokeless tobacco consumes about 1-2 tins a week. The cost of a tin is less than \$4 from the US and about \$20 in Canada. A typical user spends around \$1500 a year.

Chewing tobacco is kept in the mouth for many hours (60 minutes = 8 cigarettes). Quitting is very difficult due to the culture and the high nicotine levels, nicotine acts like a stimulant and is addictive.

Smokeless tobacco use is associated with gum disease and the development of oral cancer. At least 28 chemicals in smokeless tobacco have been found to cause cancer.

There is NO safe form of tobacco.

WHERE TO GET HELP

Quitting is best done in the off-season. Prescription drugs like Champix has been shown to be of limited help. Nicotine patches have not been shown to help. Don't be confrontational, they need support to quit. Get help from your Dentist, Doctor or Pharmacist.

Any user MUST see their oral health care provider yearly to check for signs of cell changes in the mouth.



S P O R T M E D I C I N E & S C I E N C E

C O U N C I L O F M A N I T O B A

CHEWING TOBACCO

DON'T GET ME STARTED!

PARENTS AND COACHES

If your child participates in sports like baseball, hockey, football, bandy and rugby the likelihood of trying chew is very high (up to 75% try it). Its use is almost exclusively limited to males.

In hockey and baseball, chew use starts as early as 12, many teams over 16 have about 50% of the kids using!

Talk to your coaches about it. Even if you keep it out of the locker room it will still be in their mouths!

You should talk to your child about smokeless tobacco. Do it yearly.

Most athletes start using smokeless tobacco because:

- they were bored on a road trip,
- it seemed like the thing to do in sport (a sense of bonding and fitting in),
- time and peer pressure, and
- many professional athletes chew tobacco and the young athlete may view this as permission.

WHAT'S THE RISK

Smokeless tobacco use is highly habit forming and can lead to oral cancer, gum and tooth disease, high blood pressure and stroke, and heart disease.

Chew delivers more nicotine than cigarettes, which results in a physical dependency being created. Once started it is very difficult to quit, so prevention is the key to success.



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145 Pacific Avenue,
Winnipeg MB R3B 2Z6
Tel. (204) 925-5750
www.sportmed.mb.ca