

Title: Thinking about quitting chewing tobacco? Hints to help you kick the habit.

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Abstract:

This is a pamphlet designed to help patients who are interested in quitting smokeless tobacco. Hints for preparing to quit and maintaining abstinence are provided, as well as health risks associated with using chewing tobacco.

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Health Risks of Chewing

People who chew are 50 times more likely to get mouth cancer than those who do not use.

Other common effects include oral leukoplakia (white mouth lesions that can become cancerous), gum disease, and permanent gum recession (when the gum pulls away from the teeth).

Some studies have shown that chew tobacco may cause other cancers, including pancreatic cancer.

Information gathered from national institute of dental and craniofacial research, national institutes of health, and national cancer institute

The facts about chewing tobacco...

Chewing tobacco is not a good substitute for cigarettes. Like cigarettes, "chew" or "snuff" can cause nicotine addiction. Additionally, it can cause cancer and a number of noncancerous conditions.

Many harmful chemicals are found in smokeless tobacco. It contains 28 carcinogens (cancer-causing substances), including tobacco-specific nitrosamines (TSNAs) which are the most harmful.

Chewing tobacco contains a lot of nicotine – the chemical to which people get addicted. The amount of nicotine absorbed from smokeless tobacco is 3 to 4 times the amount delivered by a cigarette. More nicotine per dose is absorbed from smokeless tobacco than from cigarettes!

Even if you take good care of you mouth by brushing and flossing your teeth, you can't protect yourself from the harm caused by tobacco.

Thinking about quitting chewing tobacco?

Hints to help you kick the habit.



Your Guide to Quitting



Congratulations!

Thinking about quitting is the first step.

Maybe you've already found that quitting dip or chew is not easy. Kicking the habit is tough... but it can be done and you can do it.

This guide will help you make your own plan for quitting. There are lots of reasons to quit, but you must find your own personal reasons for quitting.

Getting started

The best way to quit spit tobacco is to have a quit date and a plan.

Quit date: Give yourself at least a week to prepare.

Reasons to quit: Come up with your own list. Some reasons might include:

- To avoid health problems
- To prove you can do it
- Sores or white patches in your mouth
- To set a good example for your kids
- To save money
- You don't like the taste
- You have gum or tooth problems
- Because it's banned at work or school
- You don't want it to control you

Before your quit day

Cut back: Some people find that cutting back makes quitting easier. If you usually carry your tin or pouch with you, try leaving it behind. Carry substitutes like chewing gum, hard candies, or sunflower seeds.

Build support: Let friends, family, and coworkers know you're quitting. Warn them that you may not be your usual self for a week or two after you quit. If they use dip or chew, ask them not to offer you any.

On your quit day

Change daily routines to break away from tobacco triggers. For example, if you always chew tobacco after meals, don't sit in the usual place at the kitchen table. Get right up from the table after meals. Keep busy and active. Carry and use substitutes like gum, candies, sunflower seeds.



The first two weeks

Withdrawal symptoms are strongest the first week after you quit. The worst part is over after 2 weeks.

Urges and cravings to dip: Wait them out. Deep breathing can help you feel better.

Feeling irritable, tense, restless, impatient: Walk away from the situation. Deep breathing and exercise help to blow off steam. Ask others to be patient.

Be prepared for temptation: Thoughts and urges will be strongest in the places and situations where you chewed the most. The more time you spend in these places without dipping, the weaker the urges will become. Know what events and places will be triggers for you and plan ahead for them.

What about medicines to help you quit?

Bupropion (wellbutrin, Zyban) and nicotine replacement therapy are approved by the U.S. Food and Drug Administration (FDA) for stopping smoking. However, these products have not been approved for chew tobacco cessation. More research is needed to determine their effectiveness for helping smokeless tobacco users quit.