

What **CAN** we do to lower the impact of cigarette smoke to create a healthier environment?

- Promote smoking outside of the home and in designated smoking areas 50 feet away from main entrances
- Increase local tobacco taxes and tobacco cost to help deter people from purchasing tobacco products
- Create policies to make public properties smoke free (i.e. store properties, community halls, ball fields)
- Provide tobacco cessation education along with the Quitline information



To join the Interior Alaska Coalition of Tobacco Free Advocates (I ACT Free)
facebook.com/I.ACT.Free

Contact: Melanie Brenner or Shawna Hildebrand at
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Email: i.act.free@gmail.com



Information also available at:
tcclivethetradition.org
alaskaquitline.com
hss.state.ak.us/dph/chronic/tobacco/default.htm

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USING SMOKELESS TOBACCO

Is gambling with your life!



***LEARN THE DEADLY TRUTH
ABOUT SMOKELESS TOBACCO.***

Take it Outside~

Everyone deserves to breathe smokefree air!
Encouraging you to create a tobacco free Interior.

WHAT IS IT?

Smokeless tobacco that is consumed by consuming the tobacco product orally by being placed between the gums and cheek.



WHY IS IT BAD?

Many people believe that using smokeless tobacco is less harmful than smoking cigarettes, **however** it is just as **harmful** for you. Smokeless tobacco has many health risks including the following:

- 28 cancer causing carcinogens
- Increased risk for various cancers
 - Esophageal
 - Pancreatic
 - Oral
 - Laryngeal



The nicotine content in spit tobacco is 5 times higher than a cigarette, therefore making it more addictive.

HEALTH RISKS CONTINUED...

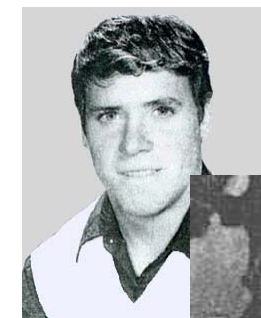
- Increased risk for heart disease and stroke
- Leukoplakia (precancerous lesions)
- Receding gum line
- Tooth decay
- Yellow teeth
- Halitosis (bad breath)
- Kidney disease from the salts added to maintain tobacco flavor

Smokeless tobacco prevention needs to be approached with the same enthusiasm as cigarette prevention, they are both tobacco products after all!

IN THE MEDIA:

- MSNBC reported that from 2006-2008 over 1,800 children under the age of 6 were admitted to the ER for accidental poisoning from smokeless tobacco consumption. The main concern is tobacco mints appeal to young children with their candy like flavors and small appearance.
- In 2011, the Major League Baseball banned smokeless tobacco use in the presence of fans.

IT CAN HAPPEN TO YOU!!



Before



After

Look at Sean Marsee a high school athlete, who refused to give up his habit until it was too late. He was 12 when he began dipping and died from oral cancer when he was 19.