



Alternative/Other Tobacco Products

Alternative tobacco products are products other than cigarettes or cigars that contain tobacco. These tobacco products come in many different forms such as “spit” tobacco and “spit-less” tobacco

What is spit tobacco?

Spit tobacco is tobacco that you chew and then spit out the juices, to avoid getting sick. Spit tobacco has been around for a long time. The most common forms of spit tobacco are chewing tobacco and snuff. Chewing tobacco comes in several forms: loose leaf, plug, and twist. These types of tobacco are placed inside the cheek and the user chews on this tobacco and spits out the juice. Snuff or “dip”, are forms of spit tobacco that are finely ground or shredded. They are available loose or in sachets (small packets) and may be dry or moist. The user places a pinch of the loose tobacco, or a sachet, between their cheek and gum and spits out the juice.

What is spit-less tobacco?

Spit-less tobacco is tobacco that does not require spitting. The most common forms of spit-free tobacco are; SNUS®, ORBS®, sticks or strips. SNUS® is flavored dried tobacco packed into small pouches. The user places a pouch between their cheek and gum and does not need to spit out the juices. ORBS®, sticks and strips are forms of finely ground tobacco that are placed in the mouth and dissolve. All of these products are easily hidden in the mouth, making them attractive to young people. ORBS® look and feel like Tic Tacs, but contain tobacco. Sticks are toothpicks covered with tobacco that dissolve in your mouth. Strips are a form of tobacco that looks like a typical breath strip. They also dissolve in your mouth.

Are these products safe?

No, these products are not a safe alternative to cigarettes or other tobacco products. These products all contain tobacco, which means that they have many of the same harmful chemicals found in cigarettes. People who use these products often smoke cigarettes too. Smoking and using the alternative products (individually or in combination) will increase

your exposure to harmful chemicals and nicotine. (see *ATS Tobacco Series on Oral Health* at <http://patients.thoracic.org/information-series/index.php>). The product packaging on some of these products resembles candy and could be a danger to children if ingested. The sweet flavors are appealing to adolescents and may lead to additional tobacco use.

ACTION STEPS:

While alternative tobacco products are sometimes used by people to stop smoking (or stop other tobacco use), they are as addicting as cigarettes. If you are using alternative tobacco products, plan to stop. These products can cause the following:

- cancers of the mouth
- damage to your teeth

Remember your most important goal is to quit smoking and quit using tobacco products. The medications for quitting smoking can also be used for quitting these alternative products. Please check out our website for information about prescription and over-the-counter medications that can make quitting easier

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Resources:

CDC-Centers for Disease Control and Prevention. ***Smoking and Tobacco Use; Smokeless Tobacco Facts.***

www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/smokeless_facts/index.htm

Campaign for Tobacco-Free Kids. ***Smokeless Tobacco and Kids.*** Washington: Campaign for Tobacco-Free Kids, 2009.