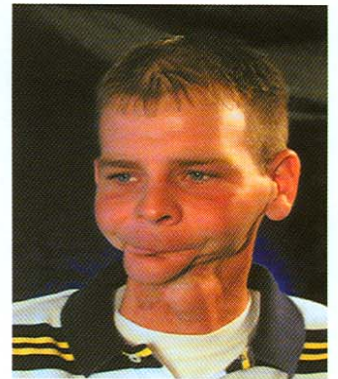


# FACE THE FACTS.

- West Virginia spit tobacco use among males, is nearly double the national average.
- If you hold an average size dip or chew in your mouth for 30 minutes, you get as much nicotine as you do from about three cigarettes.
- Spit tobacco contains 28 cancer-causing agents (carcinogens).
- Because spit tobacco is absorbed rapidly into the bloodstream through the lining of the mouth, it may be even more addictive than smoking cigarettes.
- Spit tobacco users have a higher risk of heart disease, hypertension and heart attacks.
- Spit tobacco can cause bleeding gums and sores of the mouth that never heal.
- Studies have shown that spit tobacco is a “gateway” substance, leading to cigarette smoking, as well as the use of alcohol, marijuana and other drugs.
- Mouth cancer is very hard to cure and can spread rapidly throughout the body. Often by the time the signs are noticeable, it’s too late.
- Spit tobacco contains these poisonous chemicals: formaldehyde (in embalming fluid), arsenic (in rat poison), polonium (in nuclear waste), cadmium (in car batteries), cyanide (a deadly gas) and lead (a nerve poison).
- People who dip or chew increase their risk of mouth cancer, throat cancer, heart disease, stomach problems, loss of appetite, as well as other physical changes such as fatigue, muscle weakness, dizziness and decreased physical performance.

**Spit tobacco  
is deadly.**



“If I had known then what I know now, I never would have put a dip in my mouth. Spit tobacco seemed harmless, but it ruined my life,” says Gruen Von Behrens.

**Stop spit tobacco today.  
Get help by calling the  
West Virginia Quitline at  
1-877-966-8784.**



Division of  
WEST VIRGINIA  
Tobacco Prevention  
DEPARTMENT OF HEALTH AND HUMAN RESOURCES

West Virginia  
**TOBACCO  
QUITLINE**  
1-877-YNOT-QUIT 1-877-966-8784

