

February is...

**Through with Chew Week  
February 14—20, 2010**

**February 18**  
**The Great American  
Spit Out**

**in NH**

- 21.8% of NH high school males reported trying smokeless tobacco
  - ⇒ 11.7% reported using it within the past 30 days
- 7.6% of NH high school females reported trying smokeless tobacco
  - ⇒ 2.8% reported using it within the past 30 days
- In 2006, nearly twice as many adult tobacco users in NH reported tooth loss due to decay or gum disease compared to tooth loss reported by non-users

**FACTS**

- Each year, mouth or throat cancer will kill approximately 8,000 people in the US
  - ⇒ *that is 1 person per hour, 24 hours a day*
- Tobacco use causes tooth loss and gum disease
- Cancer from chewing tobacco doesn't only occur in the mouth
  - ⇒ *Some of the cancer-causing agents in the tobacco can get into the lining of your stomach, your esophagus, and your bladder*
- About 70% of spit tobacco users report having mouth sores
- Using chew can also cause
  - ⇒ *cracking and bleeding lips and gums*
  - ⇒ *receding gums*
  - ⇒ *increased heart rate*
  - ⇒ *high blood pressure*

Check out these websites for more info on

**Quitting Chew**

[www.MyLastDip.com](http://www.MyLastDip.com)  
[www.chewfree.com](http://www.chewfree.com)  
[www.smokeless.com](http://www.smokeless.com)  
[www.quitsmokeless.org](http://www.quitsmokeless.org)  
[www.killthecan.org](http://www.killthecan.org)

**For free and confidential help quitting dip or smoking in NH**  
**[www.trytostopnh.org](http://www.trytostopnh.org)**