

My Quit Date and Plan

Step 1: Get Ready

My quit date is _____

My reasons for quitting are _____

I have removed all smoking/chewing-related things and washed my clothes .

I made a “quit kit” with things to carry with me to remind me of my reasons for quitting, such as photos of my children.

Step 2: Get Support

I have talked to my family and friends about my quit plan .

I have talked to my doctor, primary care nurse, or counsellor about my quit plan.

Supporters to call if I need help:

Family _____

Doctor/Nurse _____

Smokers' Helpline 1-877-513-5333

Step 3: Avoid Triggers

When I feel like chewing/smoking (triggers)	Instead I will...

Step 4: Get Medication

I have talked to my doctor or nurse about NRTs.

I understand how to properly use my medication to have a better chance of quitting .

Step 5: Be Prepared for Relapse

I understand that relapse is often part of quitting.

I am prepared for the possibility of relapse and have a plan if it happens.



Adapted with permission from the Saskatoon Health Region



Smokeless Tobacco

WHY IT IS NOT A SAFE ALTERNATIVE



All Commercial Tobacco is Addictive

Tobacco addiction means dependence on a powerful drug called nicotine. With smokeless tobacco, like chew or snuff, nicotine is quickly absorbed into the blood through the lining of the mouth.

Each tin of smokeless tobacco contains as much nicotine as 60 cigarettes.

Smokeless tobacco has not been shown to help you stop smoking and has many health risks. You may wind up using both smokeless tobacco and cigarettes at once.



All Commercial Tobacco is Harmful

There are both short and long-term effects associated with smokeless tobacco use. People who dip or chew increase their risk of:

Short-term	Long-term
<ul style="list-style-type: none">• Bad breath• Cavities• Mouth discomfort• Stained teeth—nasty smile!• Loss of taste and smell• Weakness and dizziness	<ul style="list-style-type: none">• Cancer of the mouth, throat, cheek, gums, lips, tongue• Heart disease• Dental disease• Stomach problems• Spending lots of money on their habit

If a person uses one \$25 tin/week, that's approximately \$1300/year. That's the price of two brand-new iPads!

Ingredients in Smokeless Tobacco

Nicotine: Highly addictive drug found in all commercial tobacco products: smokeless tobacco, cigarettes, cigars, and pipe tobacco.

Carcinogens: Over 28 cancer-producing chemicals have been identified in smokeless tobacco.

Sweeteners: Because tobacco on its own has an unpleasant taste, some brands of smokeless tobacco include a lot of added sugar to improve taste. This can cause cavities.

Abrasives: Tobacco leaves contain gritty materials which wear down the surfaces of teeth. These materials also scratch the inside of the mouth, which allows nicotine into the bloodstream faster.

Salt: Flavouring salts are added to make smokeless tobacco taste better. These salts can contribute to abnormal blood pressure.

Who is at the greatest risk?

Tobacco companies use many different ways to get young people hooked on smokeless tobacco, like kid-friendly flavors, youth-targeted advertisements, and cheap prices.

Studies show that young males, especially athletes, are at the greatest risk for smokeless tobacco use.



Parents and coaches should watch for warning signs relating to smokeless tobacco, such as swollen and bleeding gums, stained teeth, and restlessness or irritability.

Parents and coaches should also be role models to help the young people around them lead healthy lives. For example, make it clear that smokeless tobacco use is not allowed during practice or in your home. If you chew tobacco, do not chew in front of young people.