What is smokeless tobacco?

**Snuff** – finely ground or shredded tobacco leaves placed between the lower lip and gums. Can also be placed in the nose if dry.

**Chew/chaw** – loose tobacco leaves that are sweetened and put into pouches. This is held between the gums and cheek and the tobacco juice is spit out.

**Snus** – ground tobacco in a pouch which you place between your upper lip and gums. It is spitless.

**Dissolvable tobacco** – compressed powdered tobacco in the form of candy. It dissolves in your mouth.

None of these are healthier alternatives to smoking cigarettes!

45% of UND students report feeling more than average stress in the last 12 months.

How does stress relate to smokeless tobacco?

Everybody experiences stress, but how you handle stress can have a huge impact on your overall health. Using smokeless tobacco to deal with stress backfires. If you use, and take a break, your body becomes more stressed because it craves the nicotine. When the craving is satisfied, unfortunately, it is only for the moment, until you find you need more soon after. It creates a self-perpetuating cycle of always wanting nicotine. Try another way to relieve stress, like yoga, meditation, or healthy sleep habits. Feeling stressed tobacco users? Take a breath :) If and when you want to consider quitting, there are resources to get you there!

What is in smokeless tobacco?

**Formaldehyde:** Used as an embalming fluid

**Lead:** a poison

**Arsenic:** extremely potent poison

**Polonium-210:** nuclear waste

**Acetone:** a paint stripper

**Ammonia:** a toilet cleaner

**Nicotine:** an insecticide

**Nickel:** a carcinogen

**Fiberglass and Sand:** abrasives

**Cadmium:** used in car batteries

What are the health effects of smokeless tobacco?

**Addiction** – you absorb just as much nicotine from smokeless tobacco as you do smoking cigarettes. In fact, 1 tin of snuff has as much nicotine as 4 packs of cigarettes!

**Cancer** – Your risk for oral cancer, skin cancer, pancreatic cancer, and esophageal cancer increases dramatically.

**Precancerous mouth lesions** – leukoplakia may develop. These are small white patches in the mouth that may one day become cancerous.

**Gum disease** – sugar combines with the irritants in tobacco and causes your gums to pull away from your teeth, leading to tooth loss and decay.

**Heart disease** – long-term use increases your risk of heart disease because it raises your blood pressure and heart rate.

Yoga can help reduce stress and anxiety while helping your mood and giving you a sense of overall wellbeing. It can also lower blood pressure and improve heart function, reducing your risk for many chronic diseases such as heart disease or high blood pressure. Yoga can even help prevent or alleviate depression, pain, anxiety, and insomnia.

Yoga at UND

**Classes offered at the Wellness Center:**

- **Power Yoga** Mondays at 6:00pm-6:45pm
- **Fluid Yoga** Tuesdays and Thursdays 11:00am-11:45am
- **Yoga Relax** Mondays and Fridays 3:00pm-3:45pm

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Ready to quit?

1. **Set clear goals.** Make sure you know exactly what you want and why you want it.
2. **Make a realistic plan.**
3. **Talk to friends or family for support.**
4. **Visit the Health & Wellness Hub or ND Quits online for help and resources.**