

Now's your time.

It's your body and your life. You only get one, so you'd better treat it right. Some think smokeless tobacco is less harmful, but that doesn't mean you're not doing harm to your body. The best move you can make is to QUIT! But don't worry, you don't have to do this alone!



Take our advice.

Tips to help you take control and finally kick the habit

MAKE A PLAN - List all the reasons why you need to quit and make sure you look at how quitting will change your daily routine.

FIND SUPPORT - Ask family, friends and co-workers to help you carry out your plan.

TALK WITH YOUR DOCTOR - Health care professionals can provide helpful tools like medication to help you quit, which could make all the difference in your battle.

SET YOUR DATE - Set a quit date and stick to it!

LEARN ABOUT WITHDRAWAL SYMPTOMS - They can be rough, but you can beat them if you know what to expect.

REWARDS - You'll save a lot of money not buying smokeless tobacco, so why not treat yourself to a reward?

NEVER GIVE UP - It won't be easy but it will definitely be worth it, so keep going and try again if you end up using tobacco!

*For more help, call the
West Virginia Quitline toll free at
1-877-966-8784 or 1-800-QUIT-NOW*

Need a reason? Here are 28:

Chew has **28 chemicals** that are known to cause oral and stomach cancer, along with other health problems, including:

- Nicotine addiction
- Increased risk of heart disease
- Tooth decay
- Teeth abrasion
- Teeth staining
- Gum disease
- Bad breath
- Face disfiguration
- Leukoplakia (mouth lesions)
- Death

Just check out some of the toxic chemicals found in chew:

- Formaldehyde – found in embalming fluid
- Arsenic – poison commonly used to kill rats
- Polonium – substance that appears in nuclear waste
- Cadmium – your car's battery has this inside
- Cyanide – an extremely deadly gas
- Lead – can poison your nervous system

