

It feels good to pass down traditions.



Playing your favorite game.



Catching your own fish for dinner.



Helping your community.

But some things aren't worth passing down.
Like using **chew**. That's **addiction**, not tradition.

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Chewing tobacco and other types of smokeless tobacco are associated with serious health problems:



-  **Addiction:** They contain nicotine, which is highly addictive.
-  **Cancer:** They increase the risk of cancer of the mouth, throat, and pancreas.
-  **Tooth decay and mouth sores:** They can cause tooth decay and loss, painful mouth sores, and white patches that can turn into cancer.
-  **Heart disease and stroke:** They make it harder to recover from a heart attack or stroke.
-  **Poisoning:** Even small amounts of nicotine can poison children.

KICK / T
California

If you or someone you know would like to quit using chew and smokeless tobacco, there's free and confidential help!
Visit kickitca.org/quit-smokeless • Call 1-800-300-8086

Source

Centers for Disease Control and Prevention. 2024. Health Effects of Smokeless Tobacco. <https://www.cdc.gov/tobacco/other-tobacco-products/smokeless-tobacco-health-effects.html>. [Accessed 9/2025].

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