
Smokeless Tobacco...smokeless NOT harmless.

Many people who chew tobacco or dip snuff think it's safer than smoking. But you don't have to smoke tobacco for it to be dangerous. Chewing or dipping carries risks like:

- Cancer of the mouth
- Decay of exposed tooth roots
- Pulling away of the gums from the teeth
- White patches or red sores in the mouth that can turn to cancer

Recent research shows the dangers of smokeless tobacco may go beyond the mouth. It might also play a role in other cancers, heart disease and stroke.

Smokeless tobacco contains more nicotine than cigarettes. Nicotine is a highly addictive drug that makes it hard to stop using tobacco once you start. Having a quit date and a quitting plan can help you stop successfully.

NIH: National Institute of Dental and Craniofacial Research

This fall almost 300 youth were given smokeless tobacco education in area schools.

-Logan County Department of



1-866-QUIT-YES

Youth Leadership-Anti-Tobacco
Teen Coalition Update

This past fall the teen group participated in:

*The Lincoln Parks and Recreation Halloween party for kids where they gave out tobacco information and helped children play games

*The Great American Smokeout at Lincoln Community High School



CAN I GET CHECKED FOR ORAL CANCER BEFORE I HAVE SYMPTOMS?

Oral cancer may be easier to treat if found early. Oral cancer screenings can identify the disease even before you are aware of symptoms. The process is simple. Your dentist looks in your mouth during your routine exam and looks for early signs of cancer.

DENTISTS LOOK FOR CANCER

The American Cancer Society recommends your dentist or primary care physician check your mouth and throat as part of your routine exam.

If you are having regular dental check ups then you should already be screened for cancer. During this screening, your dentist or hygienist will feel the neck area, evaluate opening and closing of the jaw, and feel and look inside the mouth at the hard and soft tissues. They will examine the tongue for sores, such as white or red patches.

AGING AND OTHER RISK FACTORS

Most cases of oral cancer develop after age 45. It is vital to get regular dental exams as you get older. You can keep your smile healthy and screen for early signs of oral cancer. Be sure to tell your dentist or hygienist of any swelling, sores, discoloring, or difficulty in swallowing.

Other risk factors include:

- The use of tobacco products
- Drinking a lot of alcohol
- Male
- Sun exposure

If you are at high risk for oral cancer, you may want to check monthly for signs of the disease in addition to getting regular dental exams. To do a self exam use a mirror to check for any unusual patches or sores. Lift your tongue to the roof of your mouth to check underneath and pull your tongue out to look on either side. Feel your neck for any swelling or bumps that shouldn't be there. Call your dentist or physician right away if you notice any changes before your regular exam is due.

For more information you can visit:

www.cancer.gov/cancertopics/pdq/screening/oral/patient