

Tips on How to Stop Using Smokeless Tobacco

Why is it hard to quit?

Like cigarettes, smokeless tobacco such as snuff or chewing tobacco contains nicotine. Nicotine is very addictive and can change the way you think and act. If you are addicted to nicotine, you crave the “buzz” you get from using tobacco. You have to use more and more to get the effect you want.

Smokeless tobacco puts more nicotine into your bloodstream than cigarettes do. People who chew or dip tobacco regularly may think that quitting smokeless tobacco is even harder than quitting cigarette smoking.

Using smokeless tobacco may be a habit for you when you do certain things or when you are with certain people. For example, maybe you always chew tobacco when you go to a sporting event or when you watch TV. It can be hard to break this habit.

Many smokeless tobacco users have quit successfully. You can, too. Your doctor or others on your health care team can help you quit.

What can I use to replace smokeless tobacco?

- Talk to your doctor about whether nicotine gum or other nicotine replacement therapy is right for you. In many cases, tobacco users who benefit most from nicotine replacement include people who:
 - ▶ Use 3 or more tins or pouches a week
 - ▶ Use smokeless tobacco within 30 minutes after they wake up
 - ▶ Often swallow tobacco juice when they chew or dip

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Learn more about your health care.

- Find a substitute that you enjoy. Try sugarless gum, hard candy, beef jerky or sunflower seeds.
- Do not substitute cigarette smoking for smokeless tobacco. Stop using all tobacco products because **there is no such thing as a safe tobacco product.**
- Find activities to do when you want to chew or dip. Many people chew or dip when they are bored. Try a walk or quick jog, lift weights, take a hot shower to relax, or do something you enjoy to keep your mind off smokeless tobacco.

What can I do to get ready to quit?

- Set a date to quit and stick to it. Choose a date 2 to 4 weeks from today.
- Develop a plan because quitting can be hard.
- Identify times when you want to use smokeless tobacco the most. Plan to avoid those situations or have tobacco substitutes with you, like sunflower seeds or sugarless gum.
- Get rid of your chewing tobacco or snuff before your quit date.
- Start to cut down on the amount you chew or dip.
- Get support from your family and friends and talk to your doctor. If you have a family member or friend who uses smokeless tobacco, have that person quit with you. Studies have shown that people who have the support of family and friends are more successful at quitting.

Talk with your doctor if you have questions about quitting tobacco use, or call Ohio Quits at 1-800-Quit-Now or 1-800-784-8669.

✦ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**