



11/19/2020

Quitting Smokeless Tobacco (Chew)

Lessen the power tobacco has over you

- Smokeless tobacco contains nicotine, which is highly addictive.
- Quitting lowers your chance of getting mouth cancers.
- Change to a brand you do not like.
- Delay your first chew of the day by one hour for a few days, then by two hours, then by three hours, and keep going longer.
- Set a date for quitting.

When you quit

- Get rid of all your tobacco.
- Tell everyone you know that you are quitting.
- Have sugarless gum available for when you have the urge to chew.
- Save the money you would have spent on tobacco and treat yourself to something you would not usually purchase.

When you have the urge to use tobacco, do one of these things instead:

- Take a walk or exercise with a friend
- Drink a glass of water
- Call a friend
- Listen to your favorite songs and dance if you are able

If you feel a need for more assistance with quitting

- Talk to your dental professional or physician
- Call the Illinois Tobacco Quitline at (866)784-8937 (866-QUIT-YES) www.quityes.org
- Call the American Cancer Society at (800)227-2345
- Call the American Lung Association of Illinois at (800)LUNG-USA ([800] 586-4872)

After you quit

- Do not worry if you are more sleepy or irritable than usual; these symptoms go away.
- When you are in a tense situation, try to keep busy. Tell yourself chewing will not solve the problem.
- Do not give up. **You are worth it!**

Resources

NOTE: This fact sheet was derived from one previously published by the Arizona Department of Health Services.

Illinois Tobacco Quitline

<https://quityes.org/>

Centers for Disease Control and Prevention

https://www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/index.htm