

30 facts about snus

Facts and myths

- ▶ The belief that snus has benefits and is less dangerous than cigarettes is false.
- ▶ Compared to smoking cigarettes, nicotine is absorbed more slowly from snus, but the blood nicotine levels remain high for longer.

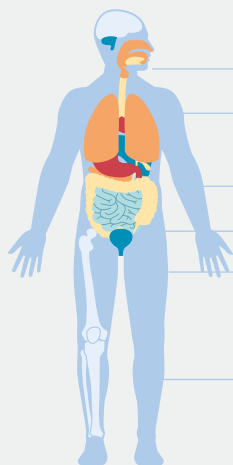


- ▶ Snus is moist, ground tobacco with added flavourings, preservatives and other additives.
- ▶ Snus is placed under the lip in the form of either loose snus or portion snus.
- ▶ In addition to nicotine, snus contains 28 substances that have been proven to cause cancer. Snus also contains other toxic substances, such as heavy metals and residues of pesticides and herbicides.

- ▶ Bad breath
- ▶ Tooth wear and tooth discolouration and staining
- ▶ Changes in the mucous membranes
- ▶ Long-term use:
 - Permanent gum recession
 - Loosening of the tissues that support the teeth
 - Tooth decay



Negative effects of nicotine:



- Weakens the immune system
- Increases heart rate and narrows blood vessels, putting more strain on the circulatory system
- Increases the risk of arrhythmias
- Can cause erectile dysfunction
- Increases damage to the walls of blood vessels, harmfully affects blood fat levels and causes platelets to clump together more easily
- Increases oxidative stress, cell damage caused by free radicals, which can lead to various diseases and contributes to aging.

Snus use leads to poorer muscle performance, slows down recovery and increases the risk of sports injuries.

- ▶ Snus use is linked to an increased risk of diabetes and heart failure.
- ▶ Snus use increases the risk of death after a heart attack or stroke.
- ▶ Snus users are at a higher risk of several cancers: oral, nasal and throat cancers and oesophageal, gastric, rectal and pancreatic cancers.



Snus use increases the risk of

- ▶ miscarriage and premature birth
- ▶ low birth weight and breathing difficulties for the baby
- ▶ preeclampsia.

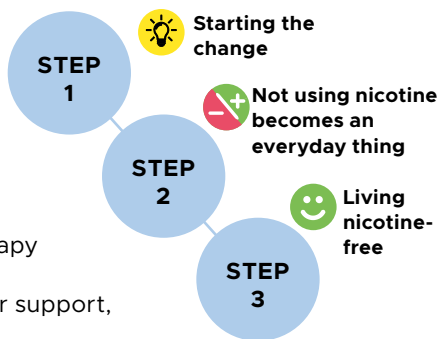


In Finland, snus may not be imported, sold or handed over to another person. Bringing limited quantities of snus from abroad for personal use is allowed. §

Did you decide to quit using nicotine products?



- ▶ I'm quitting once and for all
- ▶ I'm cutting down
- ▶ I'm using nicotine replacement therapy temporarily to help with quitting
- ▶ I need support (support group, peer support, family, friend)



It's possible to overcome nicotine addiction!

You can get advice, guidance and regular coaching for quitting nicotine from healthcare professionals by calling the free smoking cessation quitline at **0800 148 484**.

Peer support is available in the online peer discussions of the Organisation for Respiratory Health in Finland and in the Stumppe Facebook group. More information: www.hengityslitto.fi/stumppe