

# Smokeless Tobacco: Health Effects

From the Centers for Disease Control and Prevention

## Overview

Smokeless tobacco is associated with many health problems. Using smokeless tobacco:

- Can lead to nicotine addiction<sup>1,2</sup>
- Causes cancer of the mouth, esophagus (the passage that connects the throat to the stomach) and pancreas (a gland that helps with digestion and maintaining proper blood sugar levels)<sup>1,2</sup>
- Is associated with diseases of the mouth<sup>1,3</sup>
- Can increase risks for early delivery and stillbirth when used during pregnancy<sup>2</sup>
- Can cause nicotine poisoning in children<sup>4</sup>

- May increase the risk for death from heart disease and stroke<sup>1,3</sup>

Using smokeless products can cause serious health problems. Protect your health; don't start. If you do use them, quit.

## Addiction to Smokeless Tobacco

- Smokeless tobacco contains nicotine, which is highly addictive.<sup>1,2</sup>
- Because young people who use smokeless tobacco can become addicted to nicotine, they may be more likely to also become cigarette smokers.<sup>5</sup>

## Smokeless Tobacco and Cancer

- Many smokeless tobacco products contain cancer-causing chemicals.<sup>1,6</sup>
- The most harmful chemicals are tobacco-specific nitrosamines, which

form during the growing, curing, fermenting and aging of tobacco. The amount of these chemicals varies by product.<sup>1</sup>

- The higher the levels of these chemicals, the greater the risk for cancer.<sup>2</sup>
- Other chemicals found in tobacco also can cause cancer. These include:<sup>6</sup>
  - A radioactive element (polonium-210) found in tobacco fertilizer
  - Chemicals formed when tobacco is cured with heat (polynuclear aromatic hydrocarbons, also known as polycyclic aromatic hydrocarbons)
  - Harmful metals (arsenic, beryllium, cadmium, chromium, cobalt, lead, nickel, mercury)
- Smokeless tobacco causes cancer of the mouth, esophagus and pancreas.<sup>1</sup>

## Smokeless Tobacco and Oral Disease

- Smokeless tobacco can cause white or gray patches inside the mouth (leukoplakia) that can lead to cancer.<sup>1</sup>
- Smokeless tobacco can cause gum disease, tooth decay and tooth loss.<sup>1,3</sup>

## Reproductive and Developmental Risks

- Using smokeless tobacco during pregnancy can increase the risk for early delivery and stillbirth.<sup>2</sup>
- Nicotine in smokeless tobacco products that are used during pregnancy can affect how a baby's brain develops before birth.<sup>2,7</sup>

## Other Risks

- Using smokeless tobacco increases the risk of death from heart disease and stroke.<sup>1,3</sup>
- Smokeless tobacco can cause nicotine poisoning in children.<sup>4</sup>
- Additional research is needed to examine long-term effects of newer smokeless tobacco products, such as dissolvables and U.S. snus (a smokeless tobacco product).

## Washburn, continued from page 1



Courtesy photo

Kevin Washburn, assistant secretary for Indian Affairs, at The White House Tribal Nations Conference

determination, including addressing past disputes through the Ramah settlement, improving the federal acknowledgement process, updating right-of-way regulations, and the land-into-trust process.

Washburn has been fighting for mandatory funding for self-determination contract support costs. Washburn also has prioritized investment in the next generation of Indian Country, working with his colleagues at the Bureau of Indian Education to transform the agency to better serve American Indian and Alaska Native youth.

Particularly meaningful to Washburn, the department, under his guidance, has energetically executed the president's strategy to restore Tribal homelands. Shortly after he took office, Washburn improved federal land-into-trust policy with the so-called "Patchak Patch" regulatory fix and helped reverse longstanding policy against federal trust lands in Alaska.

He also worked to implement the HEARTH Act, minimize state taxation of business activity on Indian reservations and establish the Land Buy Back Program which, in only two years of active land purchases, has invested nearly \$730 mil-

lion in Indian Country to restore nearly 1.5 million acres of land to Indian Tribes.

Working with Indian Country and the U.S. Department of Justice, Washburn also helped implement the Violence Against Women Act Reauthorization of 2013, which now includes protections for American Indian women, and he helped implement the Tribal Law and Order Act of 2010, which he had helped write as a law professor.

Washburn also oversaw the establishment of the White House Council on Native American Affairs. The council is succeeding in producing better coordination across the federal government in services to Indian Country.

With his team, Washburn also helped coordinate four of the seven annual White House Tribal Nations Conferences.

Washburn is the longest serving assistant secretary for Indian Affairs since Ada Deer, who served from 1993 to 1997. Washburn succeeded Larry Echohawk, who served nearly three years from May 2009 through April 2012.

During his time at the department, Washburn has been on leave from the University of New Mexico, where he served as the dean of the School of Law.

## References

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7. California Environmental Protection Agency. *Safe Drinking Water and Toxic Enforcement Act of 1986: Chemicals Known to the State to Cause Cancer or Reproductive Toxicity* (May 2, 2014). [PDF-403 KB] California Environmental Protection Agency, Office of Environmental Health Hazard Assessment [accessed 2014 Oct. 31].

For more information about the Siletz Tribe, please visit [ctsi.nsn.us](http://ctsi.nsn.us).

## Natural Resources looking for photos of hunting, fishing and gathering

The Natural Resources Department is requesting pictures of hunting/fishing/gathering. These pictures will be kept in a photo book at the Natural Resources office and will be available for everyone who visits our department to view.

Please send a copy to Rosie Williams at [rosiew@ctsi.nsn.us](mailto:rosiew@ctsi.nsn.us) or P.O. Box 549, Siletz, OR 97380-0549; or stop by the office. No originals, please.

## Frank, continued from page 1

lish the Medicine Creek Treaty National Historic Site.

The Billy Frank Jr. Tell Your Story Act is supported by the National Congress of American Indians, Affiliated Tribes of Northwest Indians and the Northwest Indian Fisheries Commission.

## About NCAI

Founded in 1944, the National Congress of American Indians is the oldest, largest and most representative American Indian and Alaska Native organization in the country.

NCAI advocates on behalf of Tribal governments and communities, promoting strong Tribal-federal government-to-government policies and a better understanding among the general public regarding American Indian and Alaska Native governments, people and rights.

For more information, visit [ncai.org](http://ncai.org).