The Dangers of Smokeless Tobacco

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June 22, 2012
Outcomes

Implement evidence-based interventions for adolescents with a history of smokeless tobacco use.

Integrate age-appropriate anti-smokeless tobacco educational materials into school nursing practice.
A Little Bit of History
Demographics

Smokeless tobacco use among male high school students is most prevalent in the following states:

- ARKANSAS (24.8%)
- KENTUCKY (24.7%)
- WYOMING (24.7)
- WEST VIRGINIA (24.2%)
- MONTANA (24.1)
- SOUTH DAKOTA (23.4)

National Average 15%
What is smokeless tobacco?

- Chew, Plug & Twist
- Snuff & Dip
- Snus
- Toombak
- Iq-mik
- Gutka/Betel quid
- New products: discs, dissolvable pellets and strips.
Chew, Plug & Twist

Chew

Plug

Twist
Snuff, Dip & Snus

Dry Snuff

Moist Snuff/Dip

Snus
Toombak
Iq-mik
Gutka & Betel Quid

Gutka

Betel Quid
New Products

- Dissolvable tablets
  (pellets, orbs, or discs)

- Strips (similar to breath freshening strips)
New Product

Verve Discs
Each contain 1.5 mg nicotine
Ingredients

Polonium 210

N-Nitrosamines

Formaldehyde

Nicotine

Cadmium

Cyanide

Arsenic

Benzene

Lead
Symptoms

- A sore, irritation, lump or thick patch in your mouth, lip, or throat
- A white or red patch in your mouth
- A feeling that something is caught in your throat
- Difficulty chewing or swallowing
- Difficulty moving your jaw or tongue
- Numbness in your tongue or other areas of your mouth
- Swelling of your jaw that causes dentures to fit poorly or become uncomfortable
- Pain in one ear without hearing loss
Erythroplakia
Smokeless Danger
ANTS in your teeth!
Social Media

The use of You-Tube by smokeless tobacco users to attract non-users. Some secretly backed by Smokeless Tobacco companies (which is against the guidelines set forth by You-Tube).

How can Nursing use You-Tube to promote anti-ST use?

Student projects?

Podcasts?
Educating Adolescents

- Mr. Gross Mouth
- You-tube guidance
- Screening
- Suggestions?
Website Resources

- www.smilesforlifeoralhealth.org/
- www.cdc.gov/oralhealth/
- www.ada.org/
- www.who.int/oral_health/en/
- www.nidcr.nih.gov/
Questions?

- Gruen Von Behrens

http://www.killthecan.org/pics/images/cancer023.jpg
Gruen Today
Alternative

**Grinds:** pouches with flavored coffee. No nicotine and no tobacco.
Additional

- Consequences of smokeless tobacco
- Advertising for and against smokeless tobacco
- Advertising abroad.
Consequences
Advertising

Who loves a good chew?

The smell of mouthwash and toothpaste新车 by chewing tobacco is winter than typical smoking-related odors that affect your lungs. So guys who use chewing tobacco, especially don't like to share.

One can of dip is like smoking three packs of cigarettes, and will kill you just as dead. Call 1-800-QUITNOW or visit QUITNET.COM.
Advertising

- India
Listen to Me!

Is it worth it?
Image References

Image References Continued


11. http://www.buysmokelesstobaccocompany.com


References


Effects of Smoking
List of Resources from NASN Website

- Go to www.NASN.org
- Go to the Tools & Resources Tab
- Select Oral Health Connections
- Go to the Teach tab
- Scroll down to the National Spit Tobacco Program (even though “spitting” isn’t required anymore!). There is a PDF that lists websites with some great resources.
Thank You!

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