

If you think dip
is harmless...
You don't know spit.

BE A SMART MOUTH



If you think spit tobacco or chew is macho, rugged, sexy, sporty, or safer than smoking, think again.

- Yellow teeth, bad breath, tooth decay, gum infections and tooth loss are all side effects of spit tobacco use.
- More than 27,000 Americans will be diagnosed with oral cancer this year. Surgery for oral cancer affects your speech, ability to eat, and kiss-ability.

Good health starts with a smart mouth.