

Effects of Snus Use and How to Quit

This brochure is designed to provide you with important information on the health impacts of using snus, especially regarding oral and dental health, and provides advice and support for those looking to quit.

Health Impacts of Snus Use:

- **Heart and Circulatory Diseases:** Snus use raises blood pressure and heart rate due to nicotine, increasing the risk of cardiovascular diseases, stroke, and potentially arrhythmias.
- **Cancer Risk:** Although snus doesn't contain combustible materials like cigarettes, it includes carcinogens that elevate the overall risk of cancer.
- **Addiction:** Snus contains nicotine, a highly addictive substance comparable in addictiveness to heroin. The younger you are when you develop addiction, the stronger it typically becomes.

Effects on Oral Health:

- **Gum Diseases:** Snus impairs gum blood circulation and can lead to gum recession, posing significant long-term harm.
- **Teeth Staining:** Long-term use of snus can stain teeth and wear down tooth enamel.
- **Bad Breath:** Using snus can result in bad breath.
- **Cancer:** Snus increases the overall risk of cancer. Used alongside alcohol and/or tobacco, it significantly raises the risk of oral cancer.
- **Changes in Oral Mucosa:** Repeated use of snus can cause irritation and changes to the oral mucosa.

How to Quit Snus:

1. **Make a Decision and Plan:** Set a quit date and commit personally to it.
2. **Support and Advice:** Inform your family, friends, and colleagues of your decision and ask for their support. Consider consulting a healthcare professional, such as a doctor or dentist.
3. **Replacement Therapy and Medication:** Nicotine replacement therapies (patches, gum, lozenges) and prescription medications can help reduce withdrawal symptoms.
4. **Avoid Triggers:** Recognize situations that make you want to use snus and develop strategies to avoid them or alternative actions.
5. **Increase Exercise and Hobbies:** Physical activity and finding enjoyable activities can help reduce stress and keep your mind busy.
6. **Reward Yourself:** Set goals and reward yourself for your achievements along the way, for example, with the money you save.

Benefits of Quitting Snus:

- In the short term, you may notice fresher breath, whiter teeth, and improved taste and smell senses.
- In the long term, quitting reduces the risks of cardiovascular diseases and cancer.
- You also lower your risk of gum diseases and improve overall oral health.

Remember, help is available.

Your dentist or doctor can provide more information and support for quitting snus use.

