



The Dangers of Dip and Other Smokeless Tobacco

Dip and other smokeless tobacco products may be perceived as safer than cigarettes or other smoked tobacco products because they aren't linked to lung cancer; however, using smokeless tobacco is associated with many of the same dangers as cigarettes as well as additional health risks. **Bottom line: There are no harmless tobacco products!**

Chewing tobacco, dip, snuff, and other smokeless tobacco products all contain nicotine—the chemical that makes products addictive. These products are also known to contain at least 30 cancer-causing chemicals, including lead, uranium, and arsenic. Using smokeless tobacco products is associated with many health problems, including:

- Cancer of the mouth, tongue, cheek, and gums
- Cancer of the esophagus (the passage that connects the throat to the stomach)
- Cancer of the pancreas (a gland that aids in digestion and maintaining blood sugar levels)
- Disease of the mouth and other oral issues—including leukoplakia (a gray-white patch in the mouth that can become cancer), gum disease, tooth decay, bone loss around teeth, stained teeth, bad breath, and more
- Heart disease and high blood pressure
- Increased risk of heart attack and stroke
- Increased risk of early delivery and stillbirth when used during pregnancy

Smokeless tobacco products are not a safe alternative to smoking! To protect your health, avoid or—if you are already using—stop using smokeless tobacco products. If you are currently using smokeless tobacco products, there are many options available to help you quit. Active U.S. employees and family members who are enrolled in a Caterpillar healthcare plan are eligible to receive tobacco cessation benefits, which include:

- 4 sessions of individual, group and phone counseling
- 90 days of all FDA-approved smoking cessation medications
- 2 quit attempts per year
- No prior authorization for treatments
- No out-of-pocket costs when using in-network providers in accordance with plan rules

Tobacco cessation benefits are provided by your primary care provider, so contact your physician's office or call your health insurance carrier for more information or to begin your journey to become tobacco-free. You can learn more about Caterpillar's tobacco cessation benefits at <https://benefits.cat.com/en/wellness/tobacco-cessation.html>.

Sources: Mayo Clinic (mayoclinic.org), Centers for Disease Control and Prevention (cdc.gov), American Cancer Society (cancer.org)