



Cigars, Chewing Tobacco, Snuff & Pipes

Directions: Read the story, then answer the questions. Write your answer in the space provided or circle the letter next to the correct answer.

Is chewing tobacco safer than smoking because it is not inhaled? Are cigars and pipes safer than cigarettes because the cigar smoker does not inhale? Is snuff safer than cigarettes because it is not smoked? The answer to all these questions is NO. It is completely untrue that any of these tobacco products are safe compared to cigarettes. Some research shows that snuff has up to 10 times the amount of cancer-causing substances than cigarettes do. In fact, some brands of chewing tobacco contain 20,000 times the legal limit of substances which are considered cancer-causing in food! And yet, smokeless tobacco is chewed and these harmful chemicals are absorbed through the mouth lining and into the bloodstream. What about cigars and pipes? Well, very recent research shows that they can contain higher concentrations of dangerous chemicals than cigarettes, and even though the chemicals are not inhaled, they are held in the mouth and absorbed into the body through the lining of the mouth and gums. Cancer is cancer. Getting it in your mouth or esophagus is no better than getting it in your lungs. Not to mention that either cigar and pipe smoke or chewing tobacco will stain your teeth, give you bad breath, and deaden your sense of taste.

1. Which of the following contains up to 10 times the amount of cancer causing substances than cigarettes?
 - a. pipe tobacco
 - b. chewing tobacco
 - c. snuff
 - d. cigars

2. With smokeless tobacco, harmful chemicals are absorbed into the body through:
 - a. the lining of the mouth and gums
 - b. the teeth
 - c. the lungs
 - d. the hands

3. Describe the effects of pipes, cigars, and smokeless tobacco:
