

So you dip and you'd like to quit

Let's agree that there are several health reasons to quit, least of which is how addictive nicotine – even chewing tobacco – is. But why do you want to quit? That's an important question to answer.

If you dip and want to quit, this guide is for you.

A few things to note:

- We refer to dip more than we do chew, though you easily can apply this information to chew tobacco
- We call it “spit tobacco,” and not “smokeless tobacco,” because “smokeless tobacco” is how the tobacco industry refers to it to lead people to think it is safe, but it **IS NOT**

The dangers of dip and chew

- Sugar in spit tobacco may cause decay in exposed tooth roots
- Dip and chew can cause gums to pull away from the teeth where tobacco is held – and gums **do not** grow back
- White patches and red sores are common in the mouths of dippers and chewers and can turn into cancer

- Mouth cancers are some of the toughest to treat
 - Surgery to treat mouth cancer is often difficult and scarring
 - The disease can spread quickly
 - On average, only half of those with mouth cancer will live more than five years

Reasons to quit

- **Spit tobacco is expensive**
- **Spit tobacco is gross**
 - If the health effects don't worry you, think of how other people see it
- **The smell of spit tobacco in your mouth is not pleasant**
 - While you may have become used to the smell, others notice
- **Check your clothes**
 - Do you have tobacco stains on your clothes, your furniture, or on your car seats, because your spit and drool could be making a mess?
- **Check your teeth**
 - Are they stained yellow, because brushing your teeth won't make this go away?

Humana
Healthy Horizons®
in Louisiana

Understanding your addiction

Hard to believe you're addicted? Believe it.

- Nicotine, found in all tobacco, is a highly addictive drug that acts in the brain and the body
- Dip and chew contain more nicotine than cigarettes
- Holding an average-size dip in your mouth for 30 minutes gives you as much nicotine as smoking three cigarettes
- A 2-can-a-week dipper gets as much nicotine as a 1-1/2 pack-a-day smoker does

Myths and truths

There are several myths about spit tobacco. Sometimes these myths make users feel more comfortable. Below are some myths and the truths that relate to them:

Myth: Spit tobacco is a harmless option to smoking.

Truth: Spit tobacco is still tobacco. It contains cancer-causing chemicals from the curing process. Note the warnings on the cans.

Myth: Dip (or chew) improves athletics.

Truth: A study of pro baseball players found no connection between tobacco use and performance. Using spit tobacco raises your pulse and blood pressure within minutes. This causes a buzz or rush. A rise in pulse and blood pressure puts extra stress on your heart. In fact, this may hurt your performance.

Myth: Good gum care can balance the harmful effects of using dip or chew.

Truth: No evidence shows that brushing and flossing will undo the harm that dip/chew do to teeth and gums.

Myth: If you dip or chew for only 5 to 10 years, you won't get cancer.

Truth: Long-term users are more likely to develop cancer, but they are not the only ones at risk. Cancers have been found in mouths of people who chewed for as few as six years.

Myth: It's easy to quit using dip or chew when you want to.

Truth: Nicotine addiction makes quitting difficult. But those who have quit are very glad they did.

Reasons to quit

Here are reasons why some people decide to quit using spit tobacco:

- Avoid health problems
- Because of the taste
- Get rid of sores or white patches in mouth
- Help gum or tooth problems
- It's gross
- It's not allowed at work or school
- My doctor or dentist told me to quit
- My girlfriend/boyfriend hates it
- My wife/husband hates it
- Save money
- Set a good example for kids
- To not let it control you
- To please someone I care about
- To prove I can do it

After you decide to quit

Quitting spit tobacco is not something you do on a whim. You have to want to quit to make it through those first few weeks off tobacco. You know your reasons for stopping. Don't let outside factors or peer pressure get in your way.

- Focus on what you don't like about dipping and chewing
- Pick a quit date
- Ask your friends and family to hold you accountable
- Stick with your decision to stop using tobacco

What if you slip up and use tobacco?

Try not to slip, but if you do:

- Don't beat yourself up
- Don't give up
 - Figure out what would have helped
 - Try a new approach
- Don't let feelings of guilt lead you back to chewing or dipping
 - A slip does not mean “failure”
 - Figure out why you slipped and how to avoid it next time
- Get back on track
- Get rid of leftover tobacco

If slips are often, or you are dipping or chewing on a regular basis, make a new quit plan. Quitting takes practice. The spit tobacco habit can be tough to beat. Most users don't quit for good on the first try.

For more information:

Call the National Cancer Institute's Cancer Information Service (CIS) at **1-800-4-CANCER (226237)**.

Call If You Need Us

If you have questions or need help reading or understanding this document, call us at **1-800-448-3810 (TTY: 711)**. We are available Monday through Friday, from 7 a.m. to 7 p.m. We can help you at no cost to you. We can explain the document in English or in your first language. We can also help you if you need help seeing or hearing. Please refer to your Member Handbook regarding your rights.

Important!

At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion, or language. Discrimination is against the law. Humana and its subsidiaries comply with applicable Federal Civil Rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance:
Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618.
If you need help filing a grievance, call **1-800-448-3810** or if you use a **TTY**, call **711**.
- You can also file a civil rights complaint with the
U.S. Department of Health and Human Services, Office for Civil Rights
electronically through their Complaint Portal, available at
<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **1-800-368-1019, 1-800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.

Auxiliary aids and services, free of charge, are available to you. **1-800-448-3810 (TTY: 711)**

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

Humana Healthy Horizons in Louisiana is a Medicaid Product of Humana Benefit Plan of Louisiana, Inc.

Language assistance services, free of charge, are available to you. **1-800-448-3810 (TTY: 711)**

English: Call the number above to receive free language assistance services.

Español (Spanish): Llame al número que se indica arriba para recibir servicios gratuitos de asistencia lingüística.

Français (French): Appelez le numéro ci-dessus pour recevoir des services gratuits d'assistance linguistique.

Tiếng Việt (Vietnamese): Gọi số điện thoại ở trên để nhận các dịch vụ hỗ trợ ngôn ngữ miễn phí.

繁體中文 (Chinese): 您可以撥打上面的電話號碼以獲得免費的語言協助服務。

العربية (Arabic): اتصل برقم الهاتف أعلاه للحصول على خدمات المساعدة اللغوية المجانية.

Tagalog (Tagalog – Filipino): Tawagan ang numero sa itaas para makatanggap ng mga libreng serbisyo sa tulong sa wika.

한국어 (Korean): 무료 언어 지원 서비스를 받으려면 위 번호로 전화하십시오.

Português (Portuguese): Ligue para o número acima para receber serviços gratuitos de assistência no idioma.

ພາສາລາວ (Lao): ໂທຫາເບີໂທລະສັບຂ້າງເທິງ ເພື່ອຮັບບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາຝຣັ່ງ.

日本語 (Japanese): 無料の言語支援サービスを受けるには、上記の番号までお電話ください。

اُردُو (Urdu): مفت لسانی اعانت کی خدمات موصول کرنے کے لیے درج بالا نمبر پر کال کریں۔

Deutsch (German): Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

فارسی (Farsi): برای دریافت تسهیلات زبانی بصورت رایگان با شماره فوق تماس بگیرید.

Русский (Russian): Позвоните по вышеуказанному номеру, чтобы получить бесплатную языковую поддержку.

ภาษาไทย (Thai): โทรไปที่หมายเลขด้านบนเพื่อรับบริการช่วยเหลือด้านภาษาฟรี