

PITCH THE POUCH.

The benefits are real — and they start as soon as you quit:

- Clearer Mind
- More Money
- Healthier Mouth
- More Control
- Less Stress



QUIT WHILE YOU CAN.

Everybody quits differently.
Only you know what works for you.

CLOSE THE TIN AND PITCH THOSE POUCHES.



Start your quit journey today and get back to your life!

FREE* ages 13+

**SOUTH DAKOTA
QUIT
LINE**

1.866.SD-QUITS
SDQuitLine.com

*Any medication and nicotine replacement therapy options vary based on your age. Prescription medications require a prescription from a provider. Clinic costs may apply but the prescription itself is free with enrollment.

Paid for by the South Dakota Department of Health.



DON'T BE FOOLED.

Think smokeless tobacco is safer
or less addictive than cigarettes?

THINK AGAIN.
It can be just as dangerous.

Since pouches contain nicotine, you're still
exposed to the harms of nicotine addiction.
If you use pouches constantly, you could
become highly dependent on the drug.



POUCHES ARE POTENT!

Dipping 8-10 times a day exposes you to as
much nicotine as smoking **30-40 cigarettes.**



**THAT'S MORE
THAN TWO TO
THREE TIMES
THE AMOUNT
OF NICOTINE.**

HIDDEN IN EVERY POUCH.

Traces of vile chemicals.



Tiny pouch. Toxic punch.

RISKY BUSINESS.

Nearly **54,000 Americans** to get oral
oropharyngeal cancer this year.

9,750 of those will die.
That adds up to one person every hour.

Between **60-78%** of chewing tobacco users
suffer from oral lesions — **leukoplakia.**
These lesions are white patches that appear
on cheeks, gums and tongue. They may also
convert to oral cancer.

BUT WAIT! THERE'S MORE.

Other oral health problems caused by smokeless tobacco:

- Irritated or receding gums
- High blood pressure
- Cracked or bleeding lips
- Excessive spitting
- Red or white patches in the mouth

