CHEWING YOUR HEALTH AWAY
The Short & Long Term Effects Chewing Tobacco Has On Your Health

SHORT-TERM EFFECTS OF CHEWING TOBACCO
While any type of tobacco is bad for your teeth, there are some unique short term effects of chewing tobacco. Some of these include:

- Gum Loss
- Risk of Teeth Decay
- Sensitive Teeth
- Bad Breath
- Bad Taste In Your Mouth
- Sores and White Patches
- Excess Saliva (Drooling)
- Stained or Yellow Teeth
- Receding Gums
- Sore Throat
- Stained Clothes
- Nicotine Addiction

These are the effects that can occur after just a short period of usage. Most of these issues (aside from staining and gum issues) can be stopped if you stop using chew. However, many people have a hard time with this due to the addictive qualities of nicotine.

LONG-TERM EFFECTS OF CHEWING TOBACCO
For those who can't kick the habit, there are other serious side effects.

1. Bone loss surrounding the roots of teeth
2. Cancer of the mouth, tongue, cheek, gums, esophagus, stomach, pancreas and throat
3. Loss of teeth
4. Increased risk of heart disease, heart attacks and stroke
5. Cavities

AS WITH MOST HARMFUL SUBSTANCES, THE LONGER YOU USE CHEW, THE MORE SEVERE THE SIDE EFFECTS WILL BE.