

Smokeless Tobacco Quiz Questions

- 1) **Chew tobacco use enhances sport performance. True or False**
- 2) **All major league baseball players use chew tobacco. True or False**
- 3) **Tobacco-free sport and recreation gives everyone a chance to perform at their best. True or False**
- 4) **Chew tobacco is addictive. True or False**
- 5) **Using chew tobacco once in a while is not addictive. True or False**
- 6) **Individuals using chew tobacco find it easy to quit whenever they feel like it. True or False**
- 7) **There are cancer causing chemicals in chew tobacco. True or False**
- 8) **There are 1,000 chemicals in chew tobacco. True or False**
- 9) **In order for nicotine and other chemicals to enter the bloodstream quickly, chew tobacco contains abrasives that cut the lining of the mouth. True or False**
- 10) **Flavours such as cherry, apple, and vanilla that are added to chew tobacco are not harmful. True or False**
- 11) **The flavours of chew tobacco appeal to youth. True or False**
- 12) **The tobacco industry uses candy and fruit flavouring to cover up the gross taste of chew. True or False**
- 13) **Losing your jaw can be a consequence of using chew tobacco. True or False**
- 14) **You cannot get cancers from using chew tobacco. True or False**
- 15) **Cracked/bleeding lips, hairy tongue, sores, white spots, cavities, and tooth loss can occur from using chewing tobacco. True or False**

Smokeless Tobacco Quiz

Answers

- 1) **False.** It raises heart rate and blood pressure in a few minutes after use. This means the heart works harder and this can result in less endurance so an athlete gets tired faster.
- 2) **False.** At least 70% of major league baseball players DO NOT use chew tobacco. In 2011, the Major League Baseball Association (MLBA) banned all chew tobacco on the field and at all media and fan events.
- 3) **True.** Without the negative health effects of tobacco use, people can perform at their best! A tobacco-free culture also helps prevent youth from starting to use tobacco, encourages quitting, and protects the environment.
- 4) **True.** Like cigarettes, chew tobacco contains nicotine, the addictive component. If you hold an average size chew in your mouth for 30 minutes, you get as much nicotine as you do from smoking about three cigarettes.
- 5) **False.** Occasional use may lead to more frequent use and addiction.
- 6) **False.** Many find it difficult to stop once they have started.
- 7) **True.** There are 28+ cancer causing chemicals in chew tobacco. The most harmful carcinogens are nitrosamines (formed during the growing, curing, fermenting, and aging of tobacco) and are many times higher than levels of other types of nitrosamines that are allowed in foods, such as bacon and beer.
- 8) **False.** There are over 3,000 chemicals including arsenic (rat poison), lead (the poisonous kind - banned from paint products) and cyanide (another poison - used in the gas chamber).
- 9) **True.** Through cuts on the inside of the mouth, nicotine is absorbed into the body quickly which can lead to addiction in a short period of time. These abrasives can also cause open sores that can become infected and pre-cancerous.
- 10) **False.** These sweeteners can cause cavities and tooth loss. With deceptive packaging that makes these products look more like candy or gum, the risks associated with using chewing tobacco can be underestimated.
- 11) **True.** By adding flavouring that appeals to youth to its chew tobacco products, the tobacco industry can attract new customers to replace customers who are dying from tobacco-related illness.
- 12) **True.** The taste also makes it more appealing for youth to try and to continue to use these deadly tobacco products.
- 13) **True.** Oral cancers can lead to pain, disfigurement, and surgical removal of the jaw.
- 14) **False.** Cancers from using chew tobacco can include mouth, esophageal, stomach, bladder, pancreatic, and throat. It's true that unlike cigarettes, chewing tobacco is not linked to lung cancer since it isn't inhaled, but these other forms of cancer may be just as deadly.
- 15) **True.** It is very important for anyone who uses chew to check their mouth regularly and have regular dental check-ups.