

# Smokeless tobacco resource guide



A UnitedHealthcare Company



## DIP

Smokeless tobacco, known as dip, snuff, chew or spit, is not burned, but it is as addictive and harmful as tobacco that you smoke.

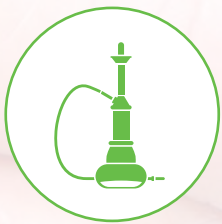
→ [smokefree.gov](http://smokefree.gov)



## ELECTRONIC CIGARETTES (E-CIGARETTES)

E-cigarettes, often referred to as “vapes,” come in many forms and can lead to nicotine addiction, lung disease and cancer.

→ [smokefree.gov](http://smokefree.gov)



## HOOKAHS

Hookahs are water pipes used to smoke specially made flavored tobacco and can increase your risk for clogged arteries, heart disease, infections, and lung, bladder and oral cancers. You can inhale 50-100 times more smoke during a hookah session than you do while smoking a cigarette.

→ [cdc.gov/tobacco](http://cdc.gov/tobacco)



## BIDIS

Bidis are thin, hand-rolled flavored tobacco cigarettes tied with a colorful string, and can lead to nicotine addiction, heart disease, emphysema, chronic bronchitis, and oral, lung, stomach and esophageal cancers.

→ [cdc.gov/tobacco](http://cdc.gov/tobacco)