

TAKE THE 10-STEP ORAL CANCER SELF-EXAM

- 1. Observe head for any swelling or asymmetry
- 2. Look for changes in color, texture or surface of lips
- 3. Examine and feel the inside of upper and lower lips
- 4. Check the inside of your cheeks
- 5. Examine and feel the floor of the mouth
- 6. Check tissues surrounding the teeth
- 7. Inspect the top of the tongue
- 8. Check the sides of the tongue
- 9. Check the roof of the mouth
- 10. Check the back of the throat and tonsillar area

Checklist courtesy of Columbia Basin Dental Hygienist Society of Tri-Cities, Washington.

Have regular dental exams to have tissues checked by your dentist. However, if you detect any suspicious areas between scheduled exams, you should immediately contact your dentist for consultation. Early detection of oral cancer lesions is critical! Therefore, a monthly self-examination is recommended.

WARNING

IF YOU HAVE AN AREA OF WHITE TISSUE
IN YOUR MOUTH FROM USING TOBACCO...

YOU ARE AT RISK!

SEE YOUR DENTIST OR PHYSICIAN IMMEDIATELY!

Identify The Warning Signs

- A sore that doesn't heal
- A lump or thickening
- White, leathery-looking tissue
- A red or white patch that persists
- Difficulty chewing, swallowing or moving tongue or jaw

If you must chew, chew Mint Snuff™

"That's Mint Snuff Chew™!"

"And Pouches™ too!"



Mint Snuff Chew™ & Mint Snuff Pouches™ are available in a variety of flavors! Mint, Mint Pouches, Cinnamon, Spearmint, Wintergreen & Wintergreen Pouches

Mint Snuff Chew™ and Mint Snuff Pouches™ are "tobacco-free" all-mint products, designed and marketed as healthy alternatives for those who use tobacco and want to quit. If you presently don't use tobacco, don't start. The problem with tobacco is nicotine addiction.

If you must chew... chew Mint Snuff™

Mint Snuff™

BRAND

Quit chewing tobacco with Mint Snuff™

For a store near you or to order:

1-800-MINT-SNUFF www.mintsnuff.com

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ARE YOU
READY
TO QUIT
CHEWING
TOBACCO?

Know the facts
Identify the warning signs
Plan to quit

KNOW THE FACTS

Chewing tobacco is gambling with your health

The dangers of chewing tobacco use have not received the same publicity that smoking has. A chemical time bomb is ticking in the mouths of millions of Americans. Research shows that 15-20% of all adolescent men use smokeless tobacco. About half of them have precancerous lesions in their mouth. The chances of a smokeless tobacco user getting oral cancer is 400% greater than non-users.

Source: USDHHS 1989

CAUTION

IF YOU CHEW TOBACCO, YOU HAVE A
400% GREATER RISK
OF GETTING ORAL CANCER THAN NON-USERS!

Tobacco products contain the organic carcinogen nitrosornicotine (NNN) which readily produce malignant tumors in the trachea, esophagus, liver and of course, the mouth. A large percentage of flavoring salts contribute to increased risks of high blood pressure and kidney disease among smokeless tobacco users.

Source: USDHHS 1989

HAZARD AHEAD

CHEWING TOBACCO IS DANGEROUS.
BE AWARE!
THE EFFECTS MAY SEVERELY ALTER YOUR LIFESTYLE.

Some Hazards of Tobacco Use Include:

- **Cancer** Oral Cancer, Palate Cancer, Tongue Cancer
- **Heart Problems** Increased Heart Rate, Blood Vessel Constriction, Poor Blood Circulation, Higher Blood Pressure, Blood Clotting Problems
- **Nicotine Addiction**
- **Teeth & Gums** Gingivitis, Gum Ulcers, Leukoplakia, Tooth Decay, Halitosis, Stained Teeth

Source: Health Consequences of Using Smokeless Tobacco, USDHHS April 1986, #86-2874

STOP

LEARN MORE ABOUT QUITTING TOBACCO AT
quittobacco.com

PLAN TO QUIT

Make your escape from bad habits, addiction and dependency

Research has shown that smokeless tobacco and cigarettes have three "hooks" on its users. They are: Physical Addiction, Habitual Behavior, Psychological Dependency.

Mint Snuff Chew™ and Mint Snuff Pouches™ help people overcome the habitual and psychological dependency by providing an oral replacement for tobacco products. Mint Snuff Pouches™ and Mint Snuff Chew™ are healthy alternatives recommended by dentists, hygienists, pharmacists, and physicians. Mint Snuff™ products contain no tobacco, no nicotine, and no dangerous chemicals.

Many patients report that they have successfully quit tobacco using Mint Snuff Pouches™ and Mint Snuff Chew™ as oral substitutes in conjunction with nicotine replacement therapy (Nicotine patches).

GO

MOVE FORWARD AND DISCOVER THE ADVANTAGES OF
TOBACCO FREE
MINT SNUFF CHEW™ & MINT SNUFF POUCHES™

- **It's Not Tobacco. It's Mint!** Natural, fresh tasting mint.
- **You Don't Have To Spit.** Mint Snuff™ products are edible and safe to swallow.
- **All Ingredients Are Food Grade!** Mint Snuff™ products are made from mint.
- **No "Unknown" Chemicals!** The ingredients in Mint Snuff™ are listed on the label unlike tobacco products, which do not list their ingredients.
- **No High Salt Levels!** Mint Snuff™ products do not contain salt.

GO

PLAN TO QUIT. MAKE YOUR ESCAPE NOW.
mintsnuff.com



LEARN MORE ABOUT THE BENEFITS OF MINT SNUFF™
mintsnuff.com

Mint Snuff Chew™ is mint leaves kept moist with maltitol, a sugar-free solution derived from corn syrup that does not promote tooth decay. It comes in four flavors: Original Mint, Wintergreen, Cinnamon and Spearmint. All ingredients in Mint Snuff Chew™ are food grade. It is completely edible, you don't have to spit unless you want to!

To use, place a "pinch" between the cheek and gums. The juices and pulp are safe to swallow.

Mint Snuff Pouches™ are a healthy alternative to cigarettes and chewing tobacco. These Pouches are miniature tea bags containing natural mint and time-release crystallized flavors.

When it's time for a cigarette or a chew of tobacco, "Pop-A-Pouch™" instead! These long-lasting, one-calorie breath fresheners are bursting with refreshment!

To use, place a Mint Snuff Pouch™ between your cheek and gums to let the flavor crystals dissolve slowly. When the flavor diminishes, gently bite the Pouch to release even more flavor. The juices are meant to be swallowed. The Pouch itself is not.



MINT SNUFF POUCHES™ HAVE AN EXTREMELY
STRONG FLAVOR!
AVAILABLE IN MINT & WINTERGREEN

Other Uses For Mint Snuff Pouches™

Many dentists and hygienists recommend Mint Snuff Pouches™ to their patients and have reported these additional uses. . .

- **Mouth Moistener** Many medications cause dry mouth and Mint Snuff Pouches™ are known to help.
- **Breath Freshener** Especially effective for cigarette or coffee breath.
- **Throat Lozenge** Mint Snuff Pouches™ Original Mint flavor soothes the throat.
- **TMJ Sufferers** Enjoy full flavor without chewing.
- **Sinus Problems** Mint Snuff Pouches™ Original Mint flavor helps open sinuses.