

# Snus



0 to 19  
TORBAY  
for you

Snus is a substance which has recently become more popular amongst young people.

As a cheaper substance which is legal in Sweden, it is more easily obtained and affordable than some other substances. However, it is highly addictive with serious short and long-term health risks.



## Things to know

Users of Snus can easily assume that it is safer than smoking cigarettes. However, there are health risks and the side effects are often the same as tobacco.

- ✗ Users report it to be very intense and can make people feel sick.
- ✗ Application of Snus pouches in the mouth can lead to a range of oral health problems.
- ✗ Social media has increased its popularity but it is highly addictive.

**If you want to discuss harm reduction or would like help to quit, you can be referred to Smoking Cessation.**

**If you are concerned about Snus, you can make an appointment to speak with a CheckPoint worker:**

**Call 01803 290330** 9am-5pm  
Monday to Friday



## Health risks

### Long-term risks:

- Addiction.
- Cancer (oral, pancreatic).
- High blood pressure / hypertension.
- Heart disease.
- Stroke.
- Diabetes.
- Respiratory diseases.
- Gingivitis.

### Short-term risks:

- Mouth sores.
- Upset stomach / sickness.
- Hiccups.

***Is it worth the risk?***