



A pinch of dip is like
a chemistry class
in your mouth.

Here's a chemistry lesson you can't afford to miss.

A pinch of chewing tobacco has more than 20 toxic chemicals including Arsenic, Lead, Cyanide, Nicotine and even Formaldehyde – you know, that frog embalming stuff from high school biology class. Chewing tobacco can cause serious health problems including tooth and gum disease, high blood pressure, heart disease, ulcers and cancers of the mouth, lips, jaw and throat. But you can quit! Get support from your family and friends, and ask your doctor if nicotine replacement products might be right for you. Then kick the dip habit once and for all. **That's time well spent.**

Visit bcbsga.com for more information on quitting tobacco.



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