

# NEWS FLUSH

...in the know while you go



MELROSE  
SUBSTANCE ABUSE  
PREVENTION COALITION

## What you should know about Smokeless Tobacco

⇒ Commonly known as: dip, snuff, chew, rack, spits, grizz

⇒ Two different kinds:

1. **Snuff:** fine-grain tobacco that often comes in tea bag-like pouches; users "pinch" or "dip" it between their lower lip and gum.

2. **Chewing tobacco** comes in shredded, twisted, or "bricked" tobacco leaves; users put it between their cheek and gum.

⇒ Often thought of as a safe alternative to cigarettes.

However, **SMOKELESS TOBACCO POSES JUST AS GREAT A THREAT TO YOUR HEALTH AS ANY OTHER TOBACCO PRODUCT**



## Schilling disclosure a warning

He's convinced smokeless tobacco caused oral cancer

By Maureen Mullen  
GLOBE CORRESPONDENT

When Curt Schilling, 47, announced Wednesday morning he had suffered from oral cancer, the news wasn't a surprise. That had been the speculation since the former Red Sox righthander announced earlier this year he had been diagnosed with cancer. But he had declined to specify which type until now.

On Wednesday, he didn't mince words linking his cancer to his 30 years of using smokeless tobacco.

"I'll go to my grave believing that was why I got what I got," he said.

Schilling's news filtered through Fenway Park before Wednesday night's game against the Angels. Following the death of Hall of Famer Tony Gwynn, who was 54, from oral cancer in June — and also a user of smokeless tobacco — Schilling's news caught some off-guard.

"It's of course heartbreaking," said 21-year-old Red Sox prospect Mookie Betts. "A great player like Curt Schilling, who played all those years and means so much to so many people. Nothing against him at all, but it just shows tobacco use doesn't care who you are. Tony Gwynn, a great player. It doesn't matter who you are. You can get cancer from it and you can get sick from it. So I think it's important for the young players to see



FILE/JIM DAVIS/GLOBE STAFF

Curt Schilling said he used smokeless tobacco for 30 years.

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## Health Risks:

- Addiction (to nicotine!)
- Increases risk of cancers such as: esophageal cancer, cancers of your mouth, throat, cheek, gums, lips and tongue
- Risk of heart disease or stroke
- Tooth Decay/Loss
- Gum disease
- Mouth lesions

Want to see a particular topic discussed in next month's issue? Have a question about drugs or alcohol?

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