



### **Policy on Smokeless (Spit) Tobacco**

1. The Mayo Clinic Nicotine Dependence Center was established to promote tobacco-free living through an integrated program of intervention services, education and research. Recommending that a patient switch from one form of tobacco to another is inconsistent with our mission.
2. While available evidence suggests that smokeless tobacco products are associated with fewer health risk than cigarettes, long-term use of smokeless tobacco is associated with adverse health consequences.
3. Numerous options are available to assist tobacco users in the process of quitting tobacco. Current therapies exist that can be customized to meet the needs of each individual patient. Tobacco dependence is a chronic condition that is best treated longitudinally using pharmacologic treatment along with supportive education and counseling.
4. We recommend using FDA-approved pharmacotherapies that have been proven to be both safe and effective. We do not and should not trust the tobacco industry to provide oversight and assurance regarding the safety of smokeless tobacco or any tobacco product.