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hewing iqmik can also cause

- Bad Breath
- Gum Disease
- Tooth Loss
- Sores and white patches in the mouth, tongue and throat which can turn into cancer
- Blocking sense of taste and smell, making you use more sugar and salt
- Sores in stomach
- Slower healing of wounds, catch more colds and be sick longer
- Hairy tongue



"I thought I would never stop using iqmik because I had been chewing for 52 years. I stopped using iqmik in October, 2000, when my doctor told me to quit because of health reasons. Ever since I stopped using iqmik, I can feel that I am in better health, and I don't tire so easily anymore. If I can do it, so can you!"

—Peter Lupie is 77 years old.

If you want information on Tobacco and Health, or are interested in quitting tobacco contact the

Nicotine Control Department
907-543-6312 or toll free at
1 -800-478-3321

Original artwork by Bessie Francis



Hairy Tongue and heavy overgrowth in a tobacco user.

Prevent this from happening to you and be a positive role model for the next generation by beating tobacco abuse.

THE DANGERS OF IQMIK USE



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**YUKON-KUSKOKWIM
HEALTH CORPORATION**

Many people think iqmik is safer than smoking cigarettes. All tobacco is harmful whether you smoke it or chew it. Cigarettes, snuff, iqmik or blackbull all contain nicotine and many cancer causing chemicals. All of them are very dangerous to your health



Chemicals from iqmik go into the blood stream through the lining of your mouth.

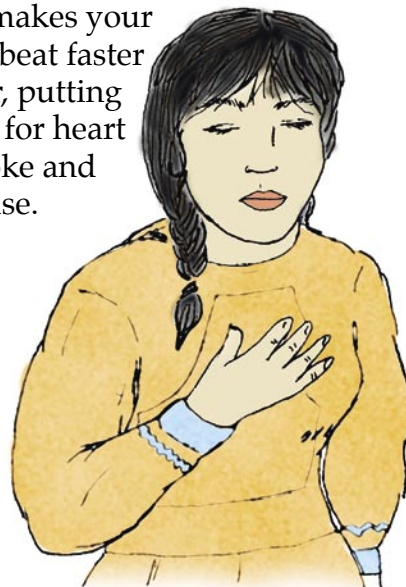


Mouth of a tobacco user.

One of these chemicals is a drug called nicotine. You may have heard that heroin and cocaine are very addictive, but nicotine can be more addictive than those drugs.



Nicotine causes the blood vessels to become hard and narrow. This makes your heart beat faster and harder, putting you at risk for heart attack, stroke and heart disease.



When people mix iqmik in their mouth, their heart starts to pound hard and fast, and they may feel dizzy and sick to their stomach. These are symptoms of nicotine poisoning, which may happen when you get too much nicotine from mixing ash with tobacco.

Nicotine poisoning causes

- DIZZINESS
- FAST HEART BEAT
- THROWING UP
- SEIZURE
- EXTRA SPIT IN MOUTH



Some people think that there's a drug in punk and alder ash, but that's not true. Adding punk ash or alder ash to tobacco just makes the nicotine reach your brain faster, and it also makes more nicotine enter the bloodstream.