

Smokeless tobacco is 95 percent safer than smoking: Study

With the potential to stop 320,000 premature deaths across Europe each year, the researchers demonstrate the potential of the low risk tobacco product, snus, in reducing the impact of tobacco related disease and death in Europe.

ANI | Last Updated: Saturday, June 17, 2017 - 13:12

(<https://www.facebook.com/sharer/sharer.php?u=http://zeenews.india.com/health/smokeless-tobacco-is-95-percent-safer-than-smoking-study-2016215>)
(<https://twitter.com/share?url=http://zeenews.india.com/health/smokeless-tobacco-is-95-percent-safer-than-smoking-study-2016215&text=Smokeless+tobacco+is+95+percent+safer+than+smoking%3A+Study>) (<https://plus.google.com/share?url=http://zeenews.india.com/health/smokeless-tobacco-is-95-percent-safer-than-smoking-study-2016215>) (<https://www.linkedin.com/shareArticle?mini=true&url=http://zeenews.india.com/health/smokeless-tobacco-is-95-percent-safer-than-smoking-study-2016215>)

0

Comment



Washington DC: Here`s another reason for you to quit smoking, as a study has warned that snus - a type of moist powdered tobacco, typically held in the mouth between the lips and gums- is 95 percent safer than smoking.

With the potential to stop 320,000 premature deaths across Europe each year, the researchers demonstrate the potential of the low risk tobacco product, snus, in reducing the impact of tobacco related disease and death in Europe.

The latest evidence was presented by Peter Lee, epidemiologist. Snus researcher Lars Ramstrom in Sweden showed that if snus were made available in Europe - where it is currently banned with the exception of Sweden - then a lot many premature deaths could be avoided among men every year.

While 46 percent of deaths due to smoking result from respiratory diseases such as lung cancer, chronic obstructive pulmonary disease and pneumonia, there is no evidence that risk of these diseases is increased by using snus.

Nor does snus appear to increase the risk of other smoking related diseases, including heart disease, stroke and a range of cancers. Gerry Stimson, Chair of the NNA stated said that snus is a tobacco product that has consistently been proven to be less harmful to health than cigarettes.

The ban on snus limits smokers` choices of safer alternatives and has a significant negative impact on public health. The tobacco epidemic is one of the biggest public health threats, killing more than seven million people a year.

There are currently one billion smokers worldwide, with nearly 80 percent of them living in low and middle income countries, where the burden of tobacco-related illness is greatest, the researchers stated.

The research is presented at the 2017 Global Forum on Nicotine in Poland.

TAGS

Tobacco (/tags/tobacco.html) Smokeless tobacco (/tags/smokeless-tobacco.html) Smoking (/tags/smoking.html) health news (/tags/health-news.html)



(<http://zeenews.india.com/health/early-stress-increases-depression-risk-by-permanently-altering-dna-reveals-study-2016292?pfrom=article-next-story>)
HEALTH (/HEALTH)

Early stress increases depression risk by permanently altering DNA, reveals study (<http://zeenews.india.com/health/early-stress-increases-depression-risk-by-permanently-altering-dna-reveals-study-2016292?pfrom=article-next-story>)

FROM AROUND THE WEB



These 11 gorgeous photos show Australia's best corners
The Times
(<https://www.thetimes.co.uk/static/escape-to-victoria/11-reasons-melbourne-next-place-need-visit/>)



Plane Found In Jungle, But When They Look Inside
HealthSkilllet
(http://healthskilllet.com/restaurant-tycoon-discovers-history-in-the-jungle/?utm_source=outbrain&utm_campaign=57699&utm_medium=Outbrain&utm_content=blog)



A Hiker Knew This Baby Bear Was Close To Death, So He Made A...
Scribol
(<http://scribol.com/a/environment/animals-environment/hiker-knew-baby-bear-close-to-death-so-he-made-a-decision>)
utm_source=Outbrain&utm_medium=CPC&utm_campaign=26117_scribol_a_hiker_knew_this_bab



9 Reasons Why Over 60s Should Release Equity
 Telegraph Equity Release
 (http://www.telegraph.co.uk/financial-services/retirement-solutions/ter/?source=OB&medium=T6&term=tmgrll-native-joint&utm_source=outbrain&utm_medium=referral)



Happy Birthday Kate Middleton: See Her 35 Best Looks Ever
 StyleBistro
 (http://www.stylebistro.com/Happy+Birthday+Kate+Middleton+Her+35+Best+Looks+Ever?utm_source=out&utm_medium=cpc&utm_campaign=SB-Specials-X1-Desktop-Kate-Middleton-35-Best-Looks&utm_term=007c48736d106ee25d3e8d12b99e4fac38)



Love wine? The best places to enjoy in Melbourne
 The Times
 (http://www.thetimes.co.uk/article/perfect-places-enjoy-glass-wine-melbourne)



Teen Goes Missing In Aruba. But 10 Years Later, Police Uncover...
 Direct Expose
 (http://www.directexpose.com/disappearance-new-evidence-natalee-holloway/?utm_source=ouins&utm_campaign=00ef0a47910e14b6e82b682b5af2aed&utm_term=007c48736d106ee25d3e8d12b99e4fac38)



Liverpool set to smash club transfer record TWICE more after...
 GiveMeSport
 (http://www.givemesport.com/1083340-liverpool-could-break-club-transfer-record-mohamed-salah-deal?autoplay=on&utm_source=outbrain-rss&utm_medium=outbrain-rss&utm_campaign=outbrain-rss&utm_term=007c48736d106ee25d3e8d12b99e4fac38)



Coronation Street spoiler: Star reveals 'harrowing' turn for...
 The Express
 (http://www.express.co.uk/showbiz/tv-radio/819879/Coronation-Street-spoiler-Bernd-Jobst-2019-wraps-88-as-home-Harper-Nathan-Curtis?utm_source=externaloutbrain&utm_medium=recommendations&utm_term=paid&utm_content=sh)

(http://www.outbrain.com/what-is/default/en)

From Zee News



(http://zeenews.india.com/photos/entertainment/tamil-stars-posing-with-their-kids-in-pics-2013617?pfom=article-more-from-zee)

Tamil stars posing with their kids! In Pics (http://zeenews.india.com/photos/entertainment/tamil-stars-posing-with-their-kids-in-pics-2013617)



(<http://zeenews.india.com/photos/entertainment/fatima-sana-shaikh-explores-malta-and-we-love-her-look-2017583?pfom=article-more-from-zee>)

Fatima Sana Shaikh explores Malta and we love her look! (<http://zeenews.india.com/photos/entertainment/fatima-sana-shaikh-explores-malta-and-we-love-her-look-2017583>)



(<http://zeenews.india.com/photos/entertainment/top-grossing-films-of-2017-so-far-2015150?pfom=article-more-from-zee>)

Top grossing films of 2017 so far! (<http://zeenews.india.com/photos/entertainment/top-grossing-films-of-2017-so-far-2015150>)



(<http://zeenews.india.com/health/intensive-bp-lowering-reduces-chronic-kidney-disease-patients-risks-of-premature-dying-2018081?pfom=article-more-from-zee>)

HEALTH (/HEALTH)