

Betel Nut



Photo from www.sebastianstrangio.com

Chewing betel nut can cause **CANCER** and **GUM DISEASE**.

- It may be particularly dangerous for **pregnant women**.
- Using betel nut **with tobacco** can increase the risk of cancer.



Photo: BBC Science Photo Library



If You Chew Betel Nut:

- Tell your **DOCTOR** and **DENTIST**
- Regularly visit a **DENTIST** for cleanings and checkups to help detect cancer early.
 - Orange County Health Department: 919-245-2435
 - Carrboro Community Health Center: 919-933-9087
 - UNC Dental School: 919-537-3737
- **STOP** chewing if you are pregnant.
- Children should **NOT CHEW** betel nut or tobacco.
- Want to **QUIT** chewing betel nut with tobacco? Call QuitlineNC: 1-800-784-8669.
- Instead of chewing or serving betel nut to guests, offer them tea, gum, or another favorite snack.



Photo by Emilie Nicole