



BLOG

Quitting Vapes or Dip: Tips for the Habit and Your Mouth

Handle the Habit

- Sugar-free gum or mints
- Sunflower seeds
- Change routines around triggers

Know Your Triggers

- Driving
- Coffee
- Work breaks

Check Your Mouth

- A sore or lump that lingers
- A white or red patch
- Anything lasting two weeks



Read the full article

Medications to Quit Vaping, Dip and Chewing Tobacco: What Works

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General information, not medical advice. Your provider can tell you
what is right for you.