Betel Nut

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.

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.

Visit our betel nut webpage for information and related links.