

Skador av snus

Snusning ökar risken för

- dödlig hjärtinfarkt och stroke (Cnattingius 2005, Hergens 2007, Hergens 2008a, Boffetta 2009, Hansson 2012, Timberlake 2017)
- permanenta och irreparabla munslemhinneförändringar med blottade tandhalsar (Cnattingius 2005).
- diabetes typ 2, gäller för minst 5 dosor/vecka (Persson 2000, Östenson 2012, Carlsson 2017).

Vissa indikationer* finns även på att snusning ökar risken för

- hjärtsvikt (Arefalk 2014)
- att avlida för snusare som inte slutat snusa efter hjärtinfarkt (Arefalk 2014)
- cancer i matstrupen, magsäcken, ändtarmen samt oral cancer (Luo 2007, Zendejdel 2008, Boffetta 2008, Araghi 2017)
- cancer i bukspottkörteln ansett styrkt av IARC (WHO:s cancerexperter) och andra (Cnattingius 2005). Ny, större undersökning, fann ingen ökad risk (Araghi 2017)
- förhöjt blodtryck (Bolinder 1992, Hergens 2008b)
- metabolt syndrom, en rubbning i ämnesomsättningen kopplat till fetma, högt blodtryck, höga blodfetter, diabetes och hjärtkärlsjukdom (Norberg 2006)
- dödlighet vid cancerdiagnos, som t.ex. prostatacancer (Nordenvall 2013, Wilson 2016)
- idrottsskador i muskler, leder, ligament och senor samt stukningar och skelettskador (Heir 1997, Reynolds 2000).
- alkoholberoende (Norberg 2015)
- rökning hos ungdomar – inkörsport (Joffer 2014).

Vid graviditet kan snusning öka risken för

- havandeskapsförgiftning, förtida förlossning, intrauterin fosterdöd, tillväxthämning/låg födelsevikt (England 2003, Wikström 2010, Baba 2012, Dahlin 2016, Gunnerbeck 2017).
- gom-, käk-, läppspalt (Gunnerbeck 2014)
- störning av hjärtrytmens reglering hos barnet (Nordenstam 2017)
- andningsstörningar hos det nyfödda barnet som tros kunna leda till plötslig spädbarnsdöd (Gunnerbeck 2011). Då nikotin övergår i bröstmjölken skulle en sådan riskökning kunna förekomma även vid amning. Snusning kan därför inte heller anses säkert vid amning.

* Med indikationer kan menas att:

- det finns motstridiga studier
- det råder viss osäkerhet om personerna varit rena snusare eller också rökt
- det bara finns enstaka studier

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