A complete resource for tobacco free living.

We want to help you win the battle.

Tobacco fights dirty. It's a dangerous addiction that's expensive, deadly and has a serious impact upon readiness. Sailors and Marines who smoke get sick more often, which translates into more lost workdays and hospitalizations than nonsmokers. Equally as bad are the effects of secondhand smoke on your shipmates. To help you win the battle, the Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center offers you effective resources to end tobacco use and learn about the harmful effects of secondhand smoke.

Visit www.nmcphc.med.navy.mil/Healthy_Living/Tobacco_Cessation/Tobacco_PersonalHealth.aspx to learn more about:

- 21st Century Sailor and Marine Initiative
- Quitting tobacco use
- Smoking
- Spit, dip, smokeless tobacco
- Cigars
- Environmental tobacco smoke resources
- Adolescent and teen tobacco use

To learn how our programs can help keep you fit for service and improve your overall health, visit us at **WWW.NMCPHC.MED.NAVY.MIL/HEALTHY_LIVING**

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

NO DIPS. NO BUTTS. MORE GLORY.

Tobacco Free Living Overview

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

Let's clear the air.

You're a warrior — strong and resilient — but tobacco makes you weak. If you smoke, you're more likely to sustain musculoskeletal injuries and perform poorly on fitness tests. Smoking delays healing, prolongs injury recovery and hurts night vision. Smoking increases fatigue, stress, depression and even impotence. Smoking also makes you more likely to abuse alcohol and experiment with drugs, which would further derail readiness. Tobacco use is the leading cause of premature and preventable death in the United States. It cuts your life expectancy by more than a decade. Any way you look at it, this stuff stinks. There's just no such thing as a safe level of tobacco use.

Chew on this.

Smokeless tobacco is not an exception. Chewing tobacco, dipping, packing a plug and snuff threatens your health in additional ways. Smokeless tobacco makes your gums recede. It makes your teeth fall out. Smokeless tobacco causes cancer on your lips, tongue and throat. In men, it decreases sperm count and causes abnormal sperm cells. Smokeless tobacco also has been proven to make you more inclined to smoke, which would derail any attempts to quit tobacco by way of the smokeless varieties. Smokeless tobacco is not a safe alternative to smoking.

Protect others.

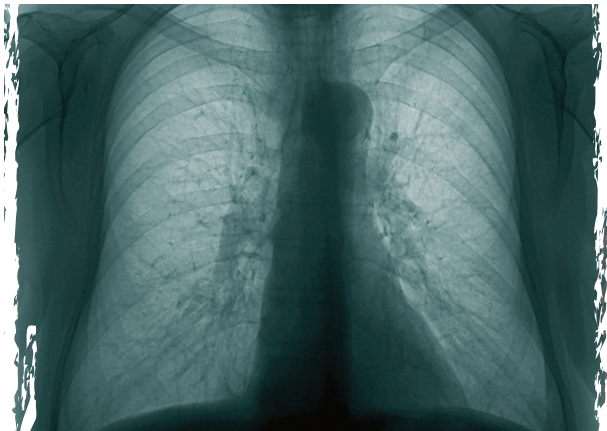
Beyond weakening you and compromising your performance, tobacco use affects everyone around you. Exposure to secondhand smoke causes an estimated 46,000 heart disease deaths and 3,400 lung disease deaths each year among adult nonsmokers in the United States. These include beloved family members, friends and fellow Sailors and Marines. In children, secondhand smoke can cause ear infections, frequent and severe asthma attacks and respiratory infections such as pneumonia and bronchitis. Newborns exposed to secondhand smoke are at greater risk of sudden infant death syndrome. Almost 1,000 people in the U.S. die every year because of home fires caused by cigarettes, cigars and other smoking materials.

Breath of Fresh Air.

It's clear that living tobacco free helps you and the people you care about lead healthier lives. It reduces the risk of developing heart disease, various cancers, chronic obstructive pulmonary disease, periodontal disease, asthma and other diseases and dying prematurely. Living tobacco free smells better, too. Your skin appears more radiant. You have more energy. You also burn through less money. Tobacco free living means avoiding the use of all types of tobacco products — such as cigarettes, cigars, pipes, hookahs, electronic cigarettes and smokeless tobacco — and also living free from secondhand smoke exposure.

Get the upper hand.

Research shows that about seven in 10 tobacco users want to stop. We know how to end the tobacco epidemic and we can help you get the upper hand in fighting tobacco. Our resources can help you achieve and maintain a tobacco free lifestyle, including programs to help you quit smoking and dipping and understand the harmful effects of secondhand smoke. For tools and tips, visit us at www.nmcphc.med.navy.mil/Healthy_Living/Tobacco_Cessation/Tobacco_PersonalHealth.aspx.

Where to go for help.

- Talk with your health care or dental provider
- Visit your military treatment facility
- Call the National Free Quit Line at 1-800-QUITNOW
- Visit the Defense Department tobacco program at www.UCanQuit2.org