



Tobacco Cessation

Tobacco use is common in the U.S. military. Often times, people use tobacco products when they are stressed, for social reasons, to calm down, to be energized, or because they are addicted. Tobacco products such as cigarettes, smokeless tobacco, cigars, pipes, or even electronic cigarettes can be expensive and harmful to the healing process for those who are wounded or ill. Tobacco use can increase wound scarring, increase your risk of infection, prolong hospital stays due to slow healing, impair recovery from a Traumatic Brain Injury and can worsen symptoms associated with psychological issues such as depression, anxiety and PTSD. However, it is never too late to quit tobacco. The effects of quitting can be felt within 20 minutes. As time goes on, the positive physical and psychological effects increase and your body begins to heal itself from the harmful effects of tobacco use. See the tips below to get started quitting today.

Tips	Strategies
Consider your own reasons for quitting. Are they strong? Are you quitting for the right reasons and not solely because someone else wants you to quit?	Make a list of the reasons you want to quit. This can include costs, health, fitness, and better healing. It can also encompass the effects tobacco use may have on your family such as secondhand smoke and smelling poorly, for example. As you go through the quit process, make sure to constantly remind yourself of your reasons for quitting tobacco.
Develop a quit plan before quitting. What can you do to make yourself more successful at quitting tobacco? What are your strengths, weaknesses and barriers?	Consider of all of the reasons and times you use tobacco throughout the day, write a plan on how to address each of the items. Also, come up with a plan including how you will address habits, those around you who still use tobacco, cravings, and relapse.
Set a quit date.	When picking a date, consider what else you have going on. Make sure you pick a date that is not during an increased period of stress. Circle the date on your calendar and continue to plan. Use the time prior to quitting to prepare.
Determine what quit method you will use. If you're interested in using cessation aids or medications to help you quit, talk to your healthcare provider about what your best option is.	Consider various quitting methods and which will be best for you such as tapering, cold turkey, a group session, a phone program. Talk to your healthcare provider about cessation aids such as patch, gum, and/or prescription medications such as Zyban or Chantix.
Obtain support from your family, friends, leaders or co-workers, before you start the quit process.	Let those around you or important to you (who may not be in the same area) know that you are quitting tobacco. Enlist their help as you go through the process for support and encouragement. Ask them not to give you tobacco or ask you if you want tobacco, if they are still tobacco users.



Resources

Navy and Marine Corps Public Health Center (NMCPHC)

The NMCPHC has a comprehensive website on tobacco free living to include quitting tobacco.

<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/Wii-tobacco.aspx>

BeTobaccoFree.gov

This website from the U.S. Department of Health and Human Services has comprehensive resources on tobacco, its health effects, and quitting. The site also links you to various mobile apps for quitting including the National Cancer Institute's QuitGuide and QuitPal.

<http://betobaccofree.hhs.gov/>

TRICARE Smoking QuitLine

You can receive assistance with your quit attempt by utilizing TRICARE's toll-free Smoking Quitline, which is available 24 hrs/day, 7 days a week, including holidays. Quitlines exist for each TRICARE region.

TRICARE West: 1-888-713-4597

TRICARE South: 1-877-414-9949

TRICARE North: 1-866-459-8766

For more information on TRICARE tobacco cessation resources, you can also visit their website:

<http://www.tricare.mil/quittobacco>

UCANQUIT2.org

Quit Tobacco—Make Everyone Proud is an educational campaign for the U.S. military, sponsored by the U.S. Department of Defense. The award-winning website provides the opportunity to learn more about tobacco cessation, develop a personalized plan for quitting, create a personal or public blog, and get live online help around the clock. Contact an expert coach to get answers about quitting tobacco, join a real-time group chat with a coach, or chat with others who are working to become tobacco free.

<http://www.ucanquit2.org/>

Local Programs

Talk to your healthcare provider, pharmacist, or dentist about local tobacco cessation programs run by your pharmacy, dental office, or health promotion office.