



NO DIPS. NO BUTTS. MORE GLORY.



Tobacco Free Living for Wounded, Ill, and Injured Sailors and Marines

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 on healing and recovery. Those who smoke can experience longer hospital stays and risk post-surgical infections, scarring, and skin graft rejection, among other health problems.¹ Not to mention the negative effects of secondhand smoke on your family and friends. To help you win the battle to quit tobacco and stay tobacco free, the Navy and Marine Corps Public Health Center Health Promotion and Wellness Department offers you effective resources to end tobacco use and learn about the harmful effects of secondhand smoke and other types of tobacco products.

Let's clear the air.

You've weathered storms and overcome challenges. Tobacco use can derail your journey to rapid recovery and optimal healing. If you smoke, you're more likely to sustain musculoskeletal injuries.² It delays healing, prolongs injury recovery, increases fatigue and stress, and may cause impotence.¹ Tobacco use can intensify symptoms of anxiety and depression.¹ In addition, smoking and alcohol use usually go hand in hand which may further derail readiness.³ Tobacco use is the leading cause of preventable death in the United States.⁴ Any way you look at it, this stuff stinks. There's just no such thing as a safe level of tobacco use or a safe tobacco product.

Are alternative tobacco products safe?

Products such as chewing tobacco, spit, snuff, and snus threaten your health in additional ways, including making your teeth fall out, and causing cancer on your lips, tongue, and throat.⁴ Smokeless tobacco has also been proven to make you more inclined to smoke,⁷ which could derail any attempts to quit tobacco. Use of electronic nicotine delivery systems (ENDS) such as e-cigarettes, e-pipes, and e-hookah, commonly called "vaping," is on the rise. The short- and long-term health effects of these products have not been demonstrated, and they are not approved cessation aids. Hookah is another alternative tobacco product that is unsafe. Hookah tobacco smoking is associated with many health risks, including increased risk of cold, flu, and infections from shared mouthpieces; various types of cancer; and carbon monoxide poisoning.⁷ Bottom line, avoid these products. They are not a safe substitute to tobacco.

Get the upper hand.

If you don't use tobacco, don't start. Research shows that about seven in ten tobacco users want to stop.¹ Need stress relief? NMCPHC can help you find a healthy alternative to tobacco use, like deep breathing exercises. If you already smoke, we can help you get the upper hand in battling the addiction. Our resources can help you achieve and maintain a tobacco free lifestyle. For tools and tips, visit us at www.med.navy.mil/sites/nmcphc/health-promotion/Pages/Wii-tobacco.aspx.

Where to go for help.

- Visit your local health promotion office or health promotion personnel.
- Talk with your medical or dental provider at your military treatment facility.
- Call 1-800-QUIT-NOW to reach your state's quitline.
- Visit the Department of Defense's education campaign UCanQuit2.org or the Department of Health & Human Services' BeTobaccoFree.gov for more information and quitting support.

To learn how our resources and tools can help facilitate recovery and strengthen resilience, visit us at WWW.MED.NAVY.MIL/SITES/NMCPHC/WOUNDED-ILL-AND-INJURED/PAGES/HEALTH-PROMOTION.ASPX.

For more information on your local resources, contact:

¹ 2014 Surgeon General's Report: The Health Consequences of Smoking—50 Years of Progress. U.S. Department of Health and Human Services. http://www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/index.htm. 2014. Accessed April 2015.

² Institute of Medicine. *Combating Tobacco Use in Military and Veteran Populations*. Washington, DC: The National Academies Press; 2009.

³ Why You Should Quit. SmokeFree.gov. <http://smokefree.gov/veterans/why-you-need-to-quit-now>. Accessed July 2015.

⁴ Health Effects of Smoking. Centers for Disease Control and Prevention. http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm. Updated February 2014. Accessed June 2015.

⁵ Smokeless Tobacco and Cancer. National Cancer Institute. <http://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/smokeless-fact-sheet#q4>. Reviewed October 2010. Accessed June 2015.

⁶ Hookahs. Centers for Disease Control and Prevention. http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs/. Reviewed November 2014. Accessed July 2015.

⁷ Lund I, Scheffels J. Smoking and Snus Use Onset: Exploring the Influence of Snus Debut Age on the Risk for Smoking Uptake With Cross-Sectional Survey Data. *Nicotine and Tobacco Research*. Oxford University Press; 2014;16(6):815-9. Accessed April 2015.

⁸ Benefits of Quitting Tobacco. Medline Plus. <http://www.nlm.nih.gov/medlineplus/ency/article/007532.htm>. Updated November 2013. Accessed July 2015.



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