



**NO DIPS. NO BUTTS. MORE GLORY.**



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

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.<sup>1</sup> 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.

For more information on your local resources, contact:

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](http://WWW.MED.NAVY.MIL/SITES/NMCPHC/WOUNDED-ILL-AND-INJURED/PAGES/HEALTH-PROMOTION.ASPX).

<sup>1</sup> 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](http://www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/index.htm). 2014. Accessed April 2015.

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PREVENTION AND PROTECTION START HERE

