



**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 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. Not to mention the negative effects of secondhand smoke on your family and friends. 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.med.navy.mil/sites/nmcphc/health-promotion/Pages/Wii-tobacco.aspx to learn more about:

- › 21st Century Sailor and Marine Initiative
- › Quitting tobacco use
- › Smoking
- › All types of tobacco products including cigarettes, smokeless tobacco, hookah and electronic products
- › Secondhand smoke resources

To learn how our programs 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:

NO DIPS. NO BUTTS. MORE GLORY.



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



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



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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. It delays healing, prolongs injury recovery, increases fatigue and stress, and may cause impotence. Tobacco use can intensify symptoms of anxiety and depression. Smoking also makes you more likely to abuse alcohol and misuse prescription drugs, which could further derail your recovery. Tobacco use is the leading cause of premature and preventable death in the United States. 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 no exception. Products such as chewing tobacco, spit, snuff, and snus threaten your health in additional ways. They cause your teeth to fall out, and cause cancer on your lips, tongue, and throat. Smokeless tobacco also has been proven to make you more inclined to smoke, which could derail any attempts to quit tobacco.

Are alternative products safe?

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. Bottom line, avoid these products. They are not a safe substitute to tobacco.

Protect others.

Beyond compromising your recovery, tobacco use affects everyone around you. Exposure to secondhand smoke causes an estimated 34,000 heart disease deaths

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and 7,300 lung cancer deaths each year among adult nonsmokers in the United States.¹ 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.

Breath of fresh air.

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

Get the upper hand.

If you don't use tobacco, why start? Research shows that about seven in ten tobacco users want to stop. Need a stress relief? We can help you find a healthy alternative to tobacco, like deep breathing, exercise, or other activities. 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 www.ucanquit2.org or betobaccofree.gov for more information and quitting support

¹ Smoking and Tobacco Use. Secondhand Smoke (SHS) Facts. Centers for Disease Control and Prevention. http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/index.htm. Updated 11 April 14. Accessed 16 July 2014.

