



## 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. Marines who smoke get sick more often, which translates into more lost workdays and hospitalizations and affects your unit's ability to respond to any crisis. Equally as bad are the effects of secondhand smoke on your fellow Marines. To help you win the battle, the Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center and your local Semper Fit Health Promotion Program offer 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/tobacco-free-living/Pages/tobacco-free-living.aspx](http://www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/tobacco-free-living.aspx) to learn more about:

- › Quitting tobacco use
- › Smoking
- › Spit, dip, smokeless tobacco
- › Cigars, electronic cigarettes, and other alternative tobacco products
- › Environmental tobacco smoke resources



To learn how our programs can help keep you fit for service and improve your overall health, visit us at [WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION](http://WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION) and [WWW.USMC-MCCS.ORG/HEALTHPROMOTIONS/](http://WWW.USMC-MCCS.ORG/HEALTHPROMOTIONS/).



## NO DIPS. NO BUTTS. MORE GLORY.



**Tobacco Free Living Overview**



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



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## 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 and stress, and even causes 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 and other alternative tobacco products are no exception. Chewing tobacco, dipping, packing a plug, snus, hookah, and other products such as dissolvables threaten 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 cancer deaths each year among adult nonsmokers in the United States.<sup>1</sup> These include beloved family

<sup>1</sup> 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/](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/). Updated 10 June 2013. Accessed 19 August 2013.

members, friends, and fellow 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 reduces the risk of developing heart disease, various cancers, chronic obstructive pulmonary disease, periodontal disease, asthma, and dying prematurely. Living tobacco free smells better too. 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.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/tobacco-free-living.aspx](http://www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/tobacco-free-living.aspx).

## Where to go for help.

- ▶ Visit your local Semper Fit Health Promotion Office
- ▶ 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 educational campaign [www.UCanQuit2.org](http://www.UCanQuit2.org) for more information and quitting support

