



NO DIPS. NO BUTTS. MORE GLORY.



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.

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 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.

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.

Where to go for help.

- ▶ Visit your local Semper Fit Health Promotion Office
- ▶ Talk with your medical or dental provider
- ▶ Call 1-800-QUIT-NOW to reach your state's Quitline
- ▶ Visit the Department of Defense educational campaign www.UCanQuit2.org for more information and quitting support
- ▶ Visit us at www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/tobacco-free-living.aspx

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 and WWW.USMC-MCCS.ORG/HEALTHPROMOTIONS/.



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