



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. 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.

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. Smoking delays healing, prolongs injury recovery, increases fatigue and stress, and may cause impotence. It 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.

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. Smokeless tobacco also has been proven to make you more inclined to smoke, 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. Bottom line, avoid these products. They are not a safe substitute to tobacco.

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

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:



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