



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.¹ Equally as bad are the effects of secondhand smoke on your fellow Marines. 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 and your local Semper Fit Health Promotion and Fitness Programs offer you effective resources to end tobacco use and learn about the harmful effects of secondhand smoke and other types of tobacco products.

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.² Smoking also delays healing, prolongs injury recovery, and hurts night vision.³ Smoking increases fatigue and stress and may cause impotence.¹ In addition, smoking and alcohol use usually go hand in hand which may further derail readiness.³ Tobacco use is the leading cause of preventable death in the United States.⁴ It can reduce your life expectancy by more than a decade.¹ Any way you look at it, this stuff stinks. There's just no such thing as a safe level of tobacco use or a safe tobacco product.

Chew on this.

Smokeless tobacco and other alternative tobacco products are no exception. Chewing tobacco, dipping, packing a plug, or smoking a hookah or cigar can threaten your health in additional ways. Smokeless tobacco can make your gums recede and your teeth fall out.⁵ Using these forms of tobacco can cause cancer on your lips, tongue, and throat.⁵ 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.⁶ Bottom line, smokeless tobacco products are not a safe alternative to smoking. In fact, using smokeless tobacco products has been shown to make you more inclined to smoke cigarettes.⁷

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, and

dying prematurely.¹ Living tobacco free smells better too. Your skin appears more radiant.³ You have more energy.⁸ 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 products, and smokeless tobacco — and also living free from secondhand smoke exposure.

Where to go for help.

- Visit your local Semper Fit Health Promotion and Fitness Programs personnel.
- Talk with your medical or dental provider.
- Call 1-800-QUIT-NOW to reach your state's quitline.
- Visit the Department of Defense's education campaign UCanQuit2.org or the Department of Health & Human Services' BeTobaccoFree.gov for more information and quitting support.
- Visit us at <http://www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/tobacco-free-living.aspx>.

To learn how our resources and tools can help keep you fit for service and improve your overall health, visit us at [HTTP://WWW.MED.NAVY.MIL/SITES/NMCPHC/MARINES/PAGES/DEFAULT.ASPX](http://www.med.navy.mil/sites/nmcphc/marines/pages/default.aspx) and [HTTPS://WWW.MANPOWER.USMC.MIL/WEBCENTER/PORTAL/MRAHOME](https://www.manpower.usmc.mil/webcenter/portal/mrahome).

For more information on your local resources, contact:

¹ 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. 2014. Accessed April 2015.

² Institute of Medicine. *Combating Tobacco Use in Military and Veteran Populations*. Washington, DC: The National Academies Press; 2009.

³ Why You Should Quit. SmokeFree.gov. <http://smokefree.gov/veterans/why-you-need-to-quit-now>. Accessed July 2015.

⁴ Health Effects of Smoking. Centers for Disease Control and Prevention. http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm. Updated February 2014. Accessed June 2015.

⁵ Smokeless Tobacco and Cancer. National Cancer Institute. <http://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/smokeless-fact-sheet#q4>. Reviewed October 2010. Accessed June 2015.

⁶ Hookahs. Centers for Disease Control and Prevention. http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs/. Reviewed November 2014. Accessed July 2015.

⁷ Lund I, Scheffels J. Smoking and Snus Use Onset: Exploring the Influence of Snus Debut Age on the Risk for Smoking Uptake With Cross-Sectional Survey Data. *Nicotine and Tobacco Research*. Oxford University Press; 2014;16(6):815–9. Accessed April 2015.

⁸ Benefits of Quitting Tobacco. Medline Plus. <http://www.nlm.nih.gov/medlineplus/ency/article/007532.htm>. Updated November 2013. Accessed July 2015.



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