

KEEP YOUR HEALTH IN CHECK: Live a Tobacco-Free Life

QUIT TOBACCO

TRICARE.mil/UCanQuit2

As a Service member, you're most likely healthy and physically fit. Why not keep it that way by living a tobacco free life?

Use this checklist as a guide to keep your health in check!

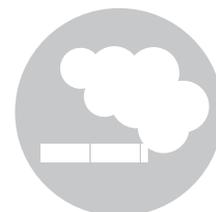
STOP SOCIAL SMOKING

- ▶ Smoking even one cigarette or hookah can cause addiction and harm your health.
- ▶ You are still at risk for addiction even if you:
 - Only smoke when you drink alcohol;
 - Only smoke when TAD/TDY or deployed;
 - Smoke just a few cigarettes a week; OR
 - Only smoke with friends.



AVOID SECONDHAND SMOKE

- ▶ Secondhand smoke occurs when a smoker breathes out smoke and others breathe it in. This includes smoke from cigarettes, pipes, hookah or cigars.
- ▶ Inhaling secondhand smoke, even for just a short time, can cause you to develop breathing problems. Think twice before you follow your buddy to the DoD Designated Tobacco Use Area.



VISIT YOUR DENTIST

- ▶ Using cigarettes or any form of smokeless tobacco can increase your risk of developing oral health problems such as gum disease and oral cancer. Did you know that gum disease can keep you from deploying?
- ▶ During your next dental exam, let your dentist know if you have red or swollen gums, sensitive teeth or if it is painful to chew or swallow. These are all symptoms of gum disease or oral cancer.



TALK TO YOUR PROVIDER

- ▶ Tobacco users may feel healthy, but a provider can help you identify if there are other health concerns you need to address. Talk to your provider about any health concerns you may have.
- ▶ Early detection could save your life. Talk to your provider about screenings you may need as a current or former tobacco user.



Contact Us: dha.ncr.comm.mbx.u-can-quit-2-quit-tobacco@mail.mil

