

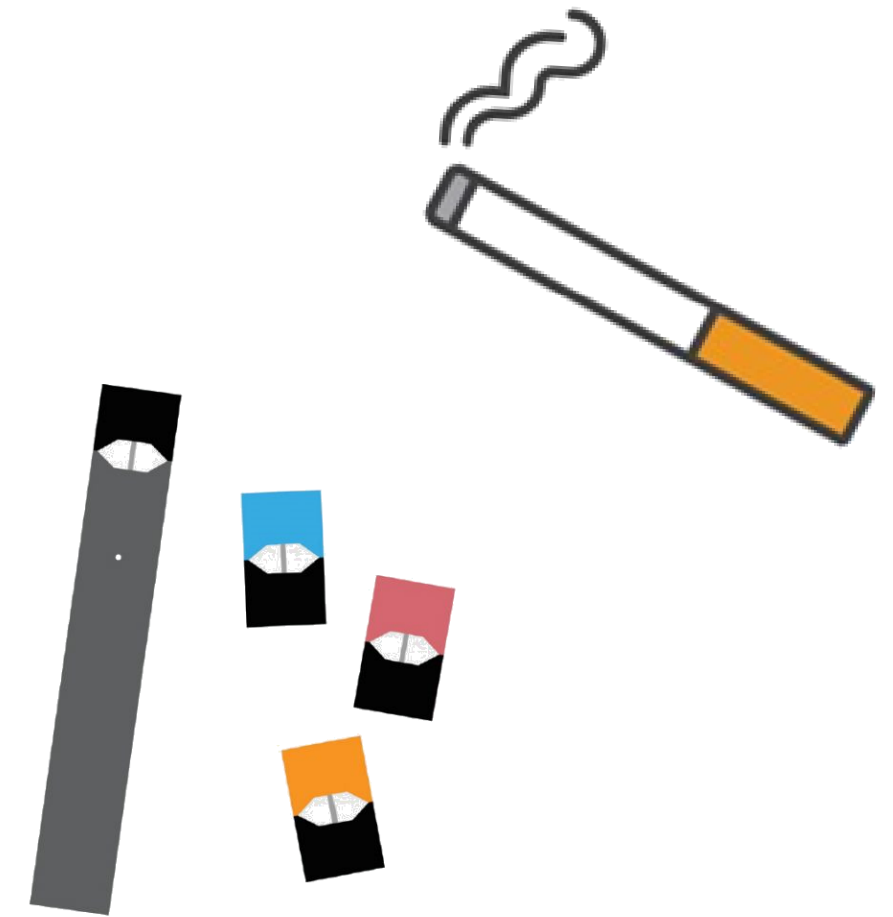


# Navy Medicine Readiness and Training Command Health Promotion and Wellness



## Tobacco Cessation

*Our resources can help you achieve and maintain a tobacco free lifestyle, including programs to help you quit smoking and dipping and understand the harm harmful effects of secondhand smoke.*



## Tobacco Cessation

**Who?** Active-duty Sailors and Marines, as well as family members, DOD employees, and retirees, who are interested in quitting any type of tobacco products

**What?** Certified Tobacco Treatment Specialists meet clients where they are at with counseling for tobacco cessation. Nicotine replacement therapy and prescription medications are available

**Where?** Health Promotion and Wellness BLDG. 4 (right across from the base movie theater)  
**OR** MCAS New River Branch Medical Clinic

**When?** Tobacco cessation services are offered in 1:1 sessions, and appointments can be made by calling the Health Promotion and Wellness office at either the Camp Lejeune or MCAS

**Why?** It's a dangerous addiction that's expensive, deadly and has a serious impact on readiness. Improve the quality and longevity of your life, by deciding to quit today!

## FAST FACTS

- Cigarette smoking **increases** your risk for lung cancer, heart disease, chronic bronchitis, and many other diseases.
- Tobacco use is the **leading cause** of early and preventable death in the United States.
- **Nicotine replacement therapies (NRTs)** are an effective tool to use when trying to quit and can double the chances of quitting smoking successfully

Ready to quit? Call Health Promotion and Wellness today to schedule your **FREE Tobacco Cessation Session!**

**Camp Lejeune: 910.451.3712**

**MCAS: 910.449.6002**

Navy Medicine Readiness and Training Command

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