

Health Benefits of Quitting



On the 1st day you quit . . .

- Heart Rate and blood pressure drop.
- Carbon monoxide level drops to
- Chance of a heart attack decreases.

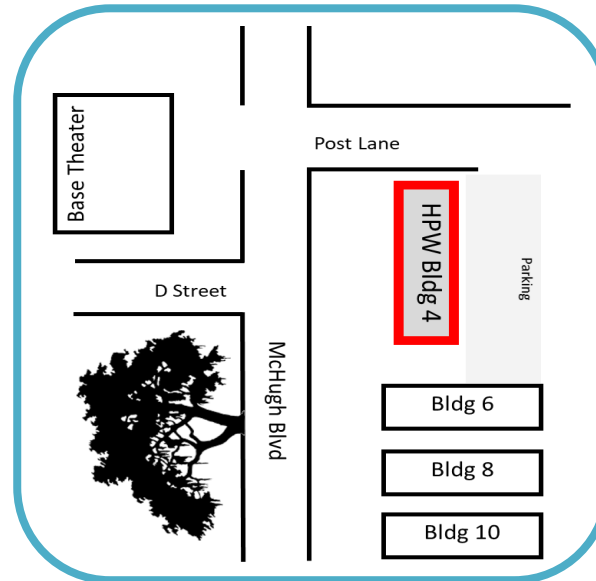
In the 1st year you quit . . .

- Skin appearance improves.
- Circulation and lung function are
- You cough less and breathe easier.
- Risk of heart disease is cut in half.

U.S. Department of Health and Human Services. Get on the Path to A Healthier You. U.S. Department of Health and Human Services. <https://betobaccofree.hhs.gov/gallery/quit-infographic-text.html>.

Interested in taking one of our classes?

For more info or to schedule a class
Call (910) 451-3712



Directly across from base theater

OPEN TO ALL!

Active Duty, Retirees, Their Family
Members, & DOD Employees

Health Promotion & Wellness Clinic

Building #4 Post Lane

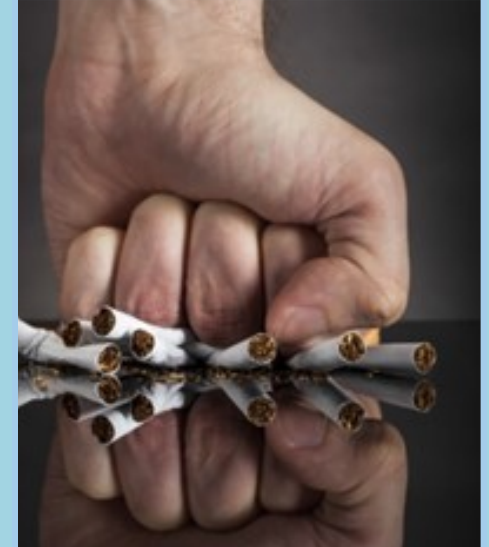
Camp Lejeune, NC 28547

Tobacco Free

Living



Get the help you
need to
Live Tobacco Free!



Health Promotion & Wellness Clinic
Naval Medical Center Camp Lejeune
910.451.3712

Tobacco Free Living

Our Certified Tobacco Treatment Specialists provide group or individual 1:1 counseling to help you quit.



Nicotine Replacement Therapy (gum, patches, lozenges) and **Prescription Medications** (Chantix, Zyban) are available to make it easier!

FACT

Counseling and medication triples your chances of quitting successfully!

ALL types of tobacco cause health problems!



Two Cans of Dip/Week = One Pack/Day.

One Cigar = One Pack of Cigarettes

E-Cigarettes: NOT a Good Option!

- They decrease your chances of quitting;
- They aren't regulated;
- They contain chemicals, including formaldehyde; and
- Their long term health effects are unknown.



Tobacco Just Doesn't Affect You

Tobacco harms nonsmokers, too.

Second hand smoke is dangerous for everyone, especially babies, children, and pregnant women. It increases:

- A baby's chance of dying from SIDS;
- Bronchitis, pneumonia, and asthma in children;
- Miscarriages and babies born too early or too small; and
- Lung cancer and heart attacks even in people who don't smoke.



Third hand smoke clings to hair, clothes, furniture, and carpets long after smoking has stopped.

People are at risk of health problems when they breathe or touch objects containing third hand smoke.

Be Your Healthiest YOU!



For More Info, Call 910.451.3712