

# TOBACCO USE AFFECTS HEART HEALTH



February is Heart Health Month, and tobacco use is a major cause of cardiovascular disease (CVD). CVD includes heart disease, high blood pressure, heart attack and stroke. Share the following messages in Plan of the Day/Week notes, on social media or through emails and remind Military Service members how they can protect their hearts!

1. Smokeless tobacco and smoking both increase the risk of death from heart disease and stroke. Don't risk it—[create a quit plan](#).
2. 1 in 3 deaths from cardiovascular disease (CVD) are caused by smoking. [Consider why](#) you might want to quit smoking.
3. Each year in the U.S., more than 33,000 nonsmokers die from heart disease caused by secondhand smoke. Protect your loved ones by [quitting today](#).

## THE CAMPAIGN

- ▶ UCanQuit2 offers a free texting program to help Military Service members quit tobacco. Tell them to sign up by [texting MIL to 47848](#) and receive 24/7 encouragement for up to eight weeks.
- ▶ We are working tirelessly to restore bulk ordering to our website. [Email us](#) if you'd like to be notified when it's back online!

## THE LATEST IN TOBACCO

There have been reports of Military Service members using e-cigarettes to vape liquids containing cannabidiol (CBD), which is one of the main active chemical compounds found in marijuana. These unregulated liquids and oils may contain harmful or illegal chemicals not listed on the package.

Some documented side effects of these oils include seizures, vomiting and racing heart rate. Learn the [facts about CBD vape oil](#) and be on the lookout for side effects in your Military Service members.

### The Great American Spit Out is February 22<sup>nd</sup>.

Encourage Military Service members to visit UCanQuit2 on [Facebook](#), [Twitter](#) and [Instagram](#) for facts about smokeless tobacco and reasons to “skip the dip!”



### [Kick Butts Day](#) is March 21<sup>st</sup>.

This national day of activism is a chance for youth to stand out, speak up and seize control against Big Tobacco. [Get involved](#) in this antismoking movement by hosting an event or spreading the word.



[Share](#) how you use our materials to promote tobacco cessation on your installation.

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