

START THE CONVERSATION ON CIGARILLOS



Many young adults smoke cigarillos such as Black & Milds or Swisher Sweets. Unlike traditional cigarettes, cigarillos come in multiple flavors, are sold individually or in smaller packs, cost less and are sometimes easier to buy because they sit in bright packages next to cash registers. Although cigarillos might seem like a better option, they are not a safe alternative to cigarettes. Just like cigarettes, cigarillos can negatively impact health and readiness, lead to nicotine addiction and produce harmful secondhand smoke.

If you notice Military Service members smoking cigarillos, help them understand the risks and ways to quit. Use these talking points to get the conversation started:

- ▶ Smoking of any kind can **impact your workout**. You put a lot of time and effort into staying physically fit, and cigarillos could be holding you back. Check out some **tobacco cessation resources** to help you quit tobacco.
- ▶ Ask yourself: **Why do I use cigarillos?** If you smoke cigarillos to help you deal with **stress, depression** or **weight management**, there are plenty of tools out there to help you address these concerns. I can point you in the right direction.
- ▶ Quitting tobacco products like cigarillos can be hard, especially because of nicotine withdrawal. Have you thought about trying approved **medicines** to help you deal with withdrawal symptoms as you go through a quit?

THE CAMPAIGN

Check out new content on the [UCanQuit2 website](http://UCanQuit2). Share the “[Resources to Help You Quit](#)” page with Military Service members, and access previous Quit Briefs, resource guides and more on our updated “[Health Professionals](#)” page.

THE LATEST IN TOBACCO

E-CIGS AND VAPES: KNOW THE FACTS

E-CIGARETTES CAN HURT YOU.

1. Get enough information about the safety of products before you use them. Not all e-cigarettes are created equal.
2. E-cigarettes contain toxic chemicals, heavy metals, and nicotine, which can be addictive.
3. E-cigarettes may contain harmful chemicals, including diacetyl, which can cause lung disease.
4. Most e-cigarettes contain nicotine, which is highly addictive and can cause dependence.

YES! THESE ARE TOBACCO PRODUCTS

E-cigarettes are battery-operated devices that heat liquid into a vapor that users inhale. You can only use these devices in outdoor designated tobacco use areas.

- Electronic cigarette or e-cigarette
- Vaporizer or pipe
- E-juice or e-liquid
- Hookah or water pipe
- Smoking or chewing tobacco
- Medicinal product or herb
- Chewing or dipping tobacco
- Snuff, snaker, or snuff
- Smokeless tobacco

QUITTING CAN BE HARD, BUT YOU'VE GOT THIS!

E-cigarettes might seem like a good way to quit other tobacco products, but they come with their own risks and are **NOT A PROVEN QUIT AID**.

Visit Tricare.mil/UCanQuit2 for effective resources to use before, during and after you quit. Use the 2017 Line Chat for personalized, online support.

New research shows that daily e-cigarette use can nearly double your odds of a heart attack. Share our new **e-cigarette infographic** with Military Service members who use these devices so they understand the risks.

ONE LAST THING



Help your Military Service members stay quit! They worked hard to quit, but it can be tempting to use tobacco again under stress or peer pressure. Remind them how to **handle sticky situations** so they can continue to live tobacco-free.



Share how you use our resources to promote tobacco cessation on your installation.

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