

## THE TRUTH ABOUT FEMALE TOBACCO USE



Since the 1960s, tobacco ads have targeted women, promoting weight loss, glamour and freedom. Today, women are just as likely as men to suffer from serious diseases or die early from tobacco use. In fact, lung cancer causes more deaths than breast cancer among women in the United States. During October's Women's Health Month, make sure your female Service members know that using tobacco can impact their readiness and overall health by sharing these messages:

- ▶ Tobacco use can cause women to gain weight. Heavy smokers are often less active and eat a poor diet.
- ▶ Women who smoke cigarettes may have a harder time getting pregnant. If a woman does become pregnant, any type of tobacco product increases her chance of having a miscarriage or ectopic pregnancy.
- ▶ Smoking may cause women to be short of breath and cough, which may make passing a PT test more difficult.

The benefits of quitting tobacco are quick and positive:

- ▶ Women will have more energy, whiter teeth, fresher breath and fewer wrinkles.
- ▶ After just 20 minutes of quitting, a woman's heart rate returns to normal, and within two weeks her lungs work more easily.
- ▶ Within one day of a pregnant woman quitting tobacco, her unborn baby has more oxygen.

Ladies, it's time to show tobacco companies who's boss.

### NEW RESOURCE!



Check out the new [Tobacco and Weight Management](#) infographic for tips on how to avoid weight gain during a quit.

### THE LATEST IN TOBACCO



What are you planning for Tobacco Cessation Month in November? Consider what you can do to promote tobacco free living by sharing these [tobacco cessation resources](#) with your Service members.

Encourage Service members to explore quit plans in advance of the **Great American Smokeout** (GASO) and get involved in GASO events on **Nov. 15**. Quitting can be a little easier with the support of a community.



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

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