

JUNE 2019

QUIT BRIEF



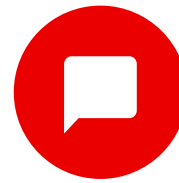
JUNE IS MEN'S HEALTH MONTH

Service members set goals and conquer them every day. During Men's Health Month in June, motivate male Service members to cross "start quitting tobacco" off their goals list by sharing how much easier a tobacco free life could be.

- 1. Quit tobacco for your sex life.** The hard truth is that tobacco use can cause trouble in the bedroom for men as young as 20. The good news? Once you quit tobacco, the harmful chemicals that cause erectile dysfunction leave your body in just a matter of weeks!
- 2. Go tobacco free for your family.** Thinking of having kids in the future? Keep in mind that tobacco can damage your sperm which could cause genetic defects or make it harder for you and your partner to get pregnant.
- 3. Do it for the extra cash.** Buying one pack of cigarettes or pods may not seem pricey, but have you added it all up? Use this [Savings Calculator](#) to see how much you'll save by putting down cigarettes, smokeless tobacco or e-cigs. Then make a list of all the summer trips and outdoor activities you'd use this extra cash for!
- 4. Quitting tobacco helps your body heal.** There is nothing more important than your body. It is your tool to make a living. Tobacco use slows down healing and increases risk of infection when you are injured, but quitting can help! Protect your body by quitting tobacco.

Encourage Service members to learn more about [how to quit tobacco](#) and contact us with other reasons male Service members are empowered to live tobacco free.

The Campaign



Do you or your Service members have questions about quitting tobacco? Our coaches can help! Use the [24/7 Quit Tobacco Live Chat](#) to get

answers to your questions, and share it with Service members so they can get quick support and encouragement to quit tobacco.

The Latest In Tobacco



A new study assessed the use of [electronic vapor products shaped like flash drives](#) by adults at least 18 years of age. The study found that the top two reasons adults use these products are: 1) to get nicotine, and 2) because friends and family use them. Make sure Service members can make informed decisions by sharing these [facts about e-cigs and vaping](#).

YOU CAN QUIT 2

ycq2.org

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

[Contact Us](#) | [Email to Unsubscribe](#)

