

MAY 2019

QUIT BRIEF

IT'S WORLD NO TOBACCO DAY!



On May 31, challenge Service members to put down tobacco products in support of World No Tobacco Day! The annual campaign aims to raise awareness on the harmful effects of tobacco use and discourage the use of all tobacco products. This month, encourage Service members to quit with folks all around the world and save their lungs at the same time by trying one of the following actions:

- **Stay active.** Spring has sprung which means PT tests are around the corner. Do cardio and practice breathing to improve your lung function, heart health, mood and relaxation.
- **Steer clear of secondhand smoke.** Breathing in secondhand smoke increases the chances of chest pain and chronic illness. It can also reduce children's lung growth. Keep yourself and your loved ones safe by avoiding DTUAs on your base and smoking areas in your community.
- **Talk to your health care provider.** A chronic cough, mucus build-up or shortness of breath are all warning signs of poor lung health. If you experience at least one of these, make a list of your symptoms, note when they started and make an appointment to talk to your provider.
- **Quit tobacco for a healthier life.** Smoking is still the leading cause of lung cancer in the United States. The damage starts early, but may take years to notice. Protect your health and quit smoking by visiting the YouCanQuit2 website to find resources and tips on [how to quit tobacco](#).

The Campaign



Have you checked out our new logo, look and website: www.ycq2.org? We've freshened things up and added new [savings calculators](#) Service members can use to see how much they'll save by putting down cigarettes, smokeless tobacco or e-cigarettes.

The Latest In Tobacco

Research confirms that smoking [hookah is not safer](#) than cigarettes. During a typical 30-minute session, smokers inhale more toxic chemicals than cigarette smoke. Make sure Service members [understand the dangers](#) and steer clear of all tobacco products.

ONE LAST THING

Flowers are blooming, shorts are on and community barbecues are everywhere. Make sure Service members protect themselves and their loved ones from secondhand smoke by sharing [YouCanQuit2 resources](#) with them.



YOU CAN QUIT 2

ycq2.org

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

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

