

OCTOBER 2020

# QUIT BRIEF



## DON'T SWITCH, DITCH TOBACCO PRODUCTS

Federal and local laws, as well as Food and Drug Administration policies, limit the availability of some tobacco product flavors (like fruit and mint), especially in popular products like e-cigarettes. As a result of the flavor restrictions in e-cigarettes, tobacco users may be switching to different tobacco products.

If you notice Service members switching tobacco products, remind them that each one comes with its own risks.

- **Smokeless tobacco** (like chew, snuff and dip) may seem quicker and easier to use than cigarettes, but it has several [health risks](#) such as containing chemicals that may cause gum disease, tooth loss or cancer of the mouth, gum or cheek.
- **Cigarettes** can harm nearly every organ of the body. Due to the chemicals in cigarettes, smoking can cause [serious health problems](#) like chronic bronchitis, lung cancer, heart disease and stroke.
- **Hookahs and water pipes** come in several flavors and may seem like a safe social activity, but these products cause cancer and reduced lung function. Also, when a hookah is shared there is an increased risk of spreading germs and getting an infection.
- **E-cigarettes** (like JUULs, vapes and disposable e-cigs) come in many forms, but they contain harmful substances that may cause [negative health effects](#) like lung disease or affect lung function. Also, the battery charged devices may cause serious injuries from unintended fires and explosions. Remember, switching from one type of e-cig to another is not safer.

Let Service members know that there is no safe level of tobacco use, no safe tobacco product and that tobacco use can negatively impact their health and readiness. Share these [benefits of quitting](#) and [tobacco cessation resources](#) with Service members so they can kick tobacco out of their lives for good.

### The Campaign



Do you provide alcohol and drug prevention, education or treatment to Service members? The Defense Department is excited to announce the launch of the [Too Much to Lose](#) campaign! Too Much to Lose provides information and resources to complement your existing efforts to ensure Service members have the information and support they need to understand prescription drug misuse and illicit and prohibited drug use.

### The Latest In Tobacco

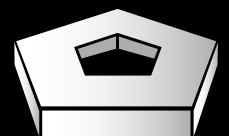
With many tobacco products on the market, make sure Service members know the harms and health effects of each one. Check out the Centers for Disease Control and Prevention's [heated tobacco products \(HTP\) fact sheet](#) to stay up to date about new forms of tobacco, such as HTPs, which recently became available in the United States.

YOU CAN QUIT<sup>2</sup>

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