



Be Tobacco Free



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Don't use tobacco in any form. If you are using tobacco, the VA can help you quit. Avoid second hand smoke. If you are pregnant, both you and your baby will benefit when you quit using tobacco.

- **Be Tobacco Free: A Healthy Living Message**
http://www.prevention.va.gov/Be_Tobacco_Free.asp
- **Smoking is Hazardous to Your Health**
http://www.prevention.va.gov/MPT/2012/SmokingHazardous_Nov2012.doc
- **Not Sure You Can Quit?**
http://www.prevention.va.gov/MPT/2012/NotSureYouCanQuit_NOV2012.doc
- **Can Quitting Really Help A Lifelong Smoker?**
http://www.prevention.va.gov/MPT/2012/CanQuittingReallyHelpaLifelongSmoker_Nov2012.doc.doc
- **Second-Hand Smoke**
http://www.prevention.va.gov/MPT/2012/SecondhandSmoke_Nov2012.doc
- **Smokeless Tobacco – It's Not a Safe Substitute**
http://www.prevention.va.gov/MPT/2012/SmokelessTobaccoisNotasafesubstitute_Nov2012.doc

US DEPARTMENT OF VETERANS AFFAIRS RESOURCES

- **Smoking and Tobacco Use Cessation**
Information on quitting, preventing, and

treating smoking and tobacco use for Veterans, their families and health professionals.
<http://www.publichealth.va.gov/smoking/>

FEDERAL GOVERNMENT RESOURCES

You are now leaving the Department of Veterans Affairs Web site.

US DEPARTMENT OF HEALTH & HUMAN SERVICES (HHS)

National Cancer Institute, NIH

- **Smokefree.gov**
Smokefree.gov provides free, accurate, evidence-based information and professional assistance to help support the immediate and long term needs of people trying to quit smoking.
<http://www.smokefree.gov>

Centers for Disease Control and Prevention

- **Smoking and Tobacco Use**
Learn about the health effects of smoking and secondhand smoke.
<http://www.cdc.gov/tobacco/>
- **Tobacco Use and Pregnancy**
Smoking during pregnancy is the single most preventable cause of illness and death among mothers and infants.
<http://www.cdc.gov/reproductivehealth/tobaccoUsePregnancy/index.htm>



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Office of the Surgeon General: Tobacco Cessation

Treating Tobacco Use and Dependence: 2008 Update includes new, effective clinical treatments for tobacco dependence and the latest information to help people quit smoking.

<http://www.surgeongeneral.gov/tobacco>

A Report of the Surgeon General: How Tobacco Smoke Causes Disease is a consumer version of the complete 2010 Surgeon General's report on how tobacco causes disease.

http://www.cdc.gov/tobacco/data_statistics/sgr/2010/consumer_booklet/pdfs/consumer.pdf

Office on Women's Health

- ***Smoking and How to Quit***

<http://www.womenshealth.gov/smoking>