



Be Tobacco Free

Healthy Living Message



What's Important to Know?

Quitting tobacco use is the single most important thing you can do to improve your health and protect your family's health. If you quit smoking or other forms of tobacco, you and your family will experience short and long-term health benefits. It's never too late to quit—your health will improve at any age after quitting!

All forms of tobacco use—including cigarettes, cigars, pipes, snuff, snus, chewing tobacco and more—are harmful. Tobacco use harms nearly every organ of the body and causes:

- Cancers
- Heart disease and stroke
- Chronic obstructive pulmonary disease (COPD) and other lung/breathing problems
- Complications in those who are pregnant

Secondhand smoke is the smoke released from a burning cigarette, cigar, or pipe, as well as the smoke exhaled by the smoker. There is no safe level of secondhand smoke. It can harm the non-smokers' health and can increase their risk of heart disease, lung cancer, and other health problems by 20-30%.

Good things happen as soon as you quit. You'll breathe easier, save money, smell better, sleep better, and have more energy. If you're pregnant, your baby will be healthier. You'll also be protecting your health and protecting your family and friends from secondhand smoke.

Want to Know More?

Talk with your VA health care team about help with quitting tobacco. They can provide medications, tips, tools, behavioral counseling, and support. They can also help you join other Veterans in a group led by your hospital's expert in quitting smoking.

Behavioral counseling and use of FDA-approved tobacco cessation medications work together to help you quit for good.

You can find additional information and resources at VA's Prevention website using the QR code above or the link below:

https://www.prevention.va.gov/Healthy_Living/Be_Tobacco_Free.asp

