

Are you mission ready?

Using tobacco impairs your mission readiness. By quitting smoking you can begin improving your performance right away. Do it for yourself, do it for your battle buddies, because you are a role model and important part of the United States Military.

Lose the withdrawal symptoms

Regular use of tobacco causes the brain to become dependent on nicotine. When you are down range and unable to smoke or dip, you may experience withdrawal symptoms such as:

- » irritability
- » restlessness
- » anger
- » coughing
- » headaches
- » depression
- » dry mouth
- » trouble sleeping
- » decreased reaction times

Quitting for good will put an end to dealing with withdrawal symptoms.

Improve physical performance

Tobacco use reduces the amount of oxygen carried in your blood, lungs and muscles. It reduces endurance and strength and may cause swelling. On physical training tests, smokers had lower physical performance capacity than nonsmokers and made smaller increases in physical endurance over the course of a training program.

References

Are You Mission Ready? Quit Tobacco. Make Everyone Proud. <http://www.ucanquit2.org/facts/missionready.aspx>

Bondurant, S. and Wedge, R. (2009). Combatting tobacco use in military and veteran populations. Institute of Medicine. National Academies Press. http://www.nap.edu/openbook.php?record_id=12632&page=42

US Navy. Quit to Win. 2005. <http://www-nehc.med.navy.mil/downloads/tobacco/jun2005.pdf>



<http://phc.amedd.army.mil>
1-800-222-9698

For more information about quitting
or to locate support:
Quit Tobacco. Make Everyone Proud
<http://www.ucanquit2.org/default.aspx>

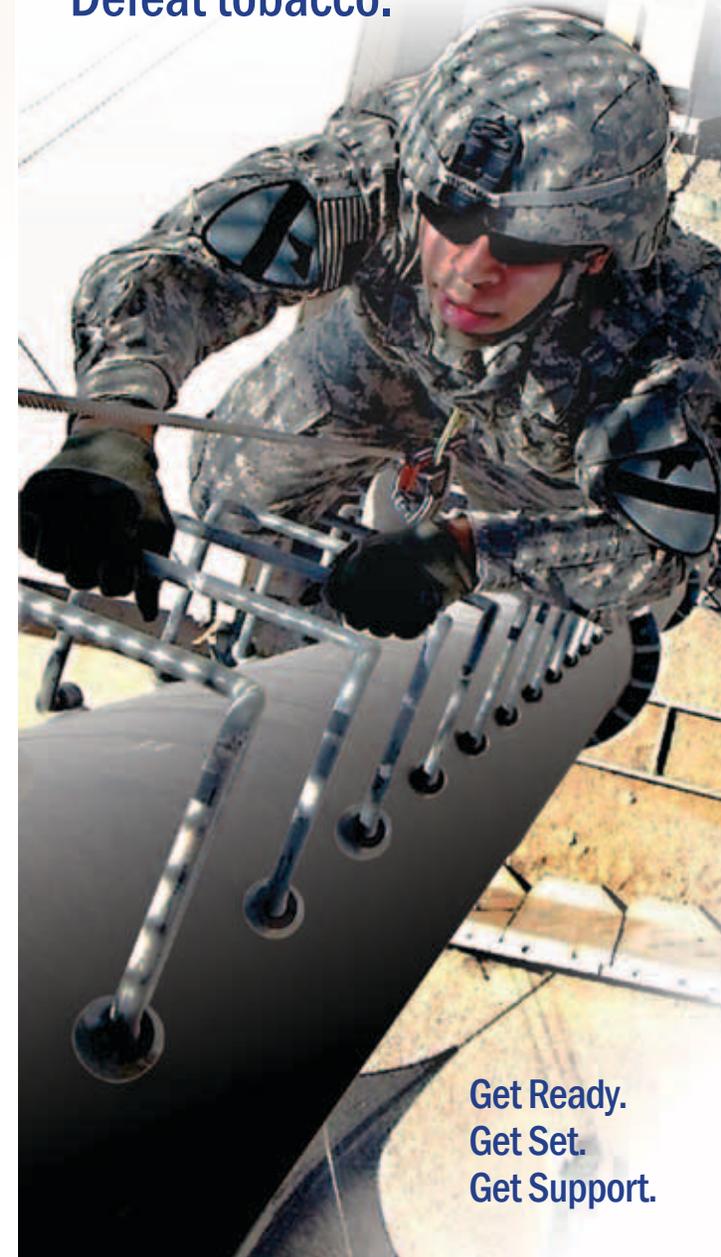
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Be Mission-Ready

Reach the top.
Defeat tobacco.



Get Ready.
Get Set.
Get Support.

Boost your night vision

Seeing in the dark is important during missions. However, it is harder for smokers to see in the dark than nonsmokers. The nicotine in smoked and smokeless tobacco:

- » Reduces blood flow and decreases circulation, and
- » Slows the making of a chemical in your eyes that is vital for seeing in dark or dim areas.

Quitting tobacco can improve your night vision.

Decrease hearing loss

Smoking and loud noise can interact to speed up hearing loss. Smoking can also increase hearing loss as you age. Quitting smoking will decrease this risk.

Enhance your mental skills

Nicotine may temporarily make you more alert but if you don't have access to tobacco, your mental sharpness will suffer. Perception, memory, judgment, and reasoning are reduced because of nicotine use. Nonsmokers perform better on cognitive tasks. Becoming tobacco free will help you stay alert and keep your reactions quick.

Check out USAPHC Website for more information:
<http://phc.amedd.army.mil>

Make a quick recovery

Good blood circulation is important when healing from an injury. Tobacco use decreases your circulation causing injuries to heal more slowly. If you smoke regularly, you are also at greater risk of complications during surgery.

Quitting Help

Quitting will improve performance and make you stronger. When you're ready to quit, get help by joining a tobacco cessation class or chat live with cessation coaches at Quit Tobacco - Make Everyone Proud: <http://www.ucanquit2.org/default.aspx>.

Break the Addiction.

Be Tobacco Free.

Get Ready. Get Set. Get Support.

- 1) Get ready.** Think about what it would mean to you to be tobacco-free. What difference will it make in your life? What is most important to you?



- » Making your family proud
- » Improving your health
- » Protecting your loved ones from exposure, or
- » Saving money.

2) Get set. Commitment, confidence and motivation are all you need. Set a goal and a quit date and make preparations to quit.

- » Get rid of tobacco products
- » Decide on a quit method:
 - Tapering or slowly reducing amounts or
 - stopping "cold turkey" or right away and all at once
- » Identify coping strategies to deal with nicotine withdrawal symptoms

3) Get support. Don't be afraid to get help.

- » Over-the-counter Nicotine Replacement Therapy:
 - nicotine patch, or
 - nicotine gum, or
 - nicotine lozenges.
- » Medications from your health care provider:
 - Zyban®, or
 - Chantix®
- » Tobacco cessation classes and counseling
 - Quit Tobacco- Make Everyone Proud Available 7 days a week, 24 hours a day: <http://www.ucanquit2.org/livehelp/Default.aspx>, or
 - your local medical treatment facility.

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® Chantix is a registered trademark of Pfizer Inc.

Use of trademark name does not imply endorsement by the U.S. Army but is intended only to assist in identification of a specific product.