

# TOBACCO

## The Enemy at Home

As a United States military service member, you courageously defend our country's freedom and protect people here and abroad. But, our nation's biggest killer is found right here at home—tobacco.

More Americans die every year from smoking than from alcohol, car accidents, suicide, AIDS, homicide and illegal drugs COMBINED.

Approximately 444,000 USELESS DEATHS occur every year in America due to smoking.

Tobacco steals these lives through various cancers, heart disease, high blood pressure and other life-threatening diseases.

It's our nation's leading killer, but tobacco use is also the LEADING PREVENTABLE CAUSE OF DEATH in the United States.

### Military Effects From Tobacco

Your military career demands extreme stamina and mental strength. Daily challenges and your comrades depend on you functioning at your best.

Tobacco use affects your endurance and thinking processes—two of your most vital military assets.

### Tobacco Affects the Military

- Tobacco impairs your performance, readiness and ability to think by reducing the amount of oxygen to your brain and your muscles.
- Tobacco hurts your endurance by hindering your lungs' ability to function.
- Tobacco affects your heart. A young adult smoker's resting heart rate is two to three beats faster per minute than a nonsmoker's.
- Smoking slows the healing of broken bones and other injuries by decreasing blood flow and the amount of oxygen to your wounds.
- Tobacco makes you a target. Not only does smoking affect your night vision, but it also makes you and your comrades a target.
- Tobacco users suffer from more colds, flu, bronchitis and pneumonia than those who don't smoke.

### Smoking Affects Your Family

The enemy strikes home too. Smoking affects your family and friends, as well as your military comrades.

Approximately 3,000 non-smokers die every year from illnesses caused by secondhand smoke.

Secondhand smoke also:

- Increases a child's risk of ear infections, asthma, pneumonia and sudden infant death syndrome (SIDS)
- Puts family and friends at risk for various cancers, chronic effects to the heart and lungs and impaired fertility
- Doubles your spouse's risk of developing lung cancer

Division of  
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