

# TOBACCO THE ENEMY THAT STRIKES HOME

Poison is its weapon.  
Deceit is its strategy.  
It's our nation's #1  
killer. Tobacco kills  
more Americans every  
year than alcohol,  
car accidents, suicide,  
AIDS, homicide  
and illegal  
drugs  
COMBINED.



FOR MORE  
INFORMATION, VISIT  
<http://tobaccofree.mt.gov>

**1-800-QUIT-NOW**  
(1-800-784-8669)



MONTANA TOBACCO

**QUIT** LINE  
1-800-QUIT-NOW  
1-800-784-8669

# STRIKE BACK

FIGHT  
TOBACCO  
USE



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**As a United States military service member,** you courageously defend our country's freedom and protect our people here and abroad. But tobacco is a sinister enemy that kills 1,400 people every year in the state of Montana alone.

Tobacco use kills approximately 444,000 Americans every year.

It's our nation's leading killer and it's the leading preventable cause of death in the United States. You can strike back.

### **TOBACCO AFFECTS THE MILITARY**

It takes extreme stamina and mental strength to face the daily challenges of your career. All tobacco use affects your endurance and ability to think through those challenges.

Tobacco impairs your performance, readiness and ability to think by reducing the amount of oxygen to your brain and muscles.

Using smokeless tobacco may lead to an increased risk of heart attack and stroke.

Smoking slows the healing of broken bones and other injuries.

Tobacco users suffer from more colds, flu, bronchitis and pneumonia than those who don't smoke.

### **QUIT TOBACCO WITH FREE HELP**

The constant battle with addiction is a fight you can win. The Montana Tobacco Quit Line offers FREE services to help you combat all forms of tobacco addiction. **People who use Montana's Tobacco Quit Line are 7 to 10 times more likely to quit than those trying to quit on their own.**

The Montana Tobacco Quit Line provides:

- FREE cessation coaching for all Montanans
- FREE personalized quit plan
- FREE nicotine replacement therapy if appropriate (gum, patches, or lozenges)
- Additional cessation medications available at a reduced cost
- FREE educational materials for health care providers, as well as friends and families of tobacco users
- Trained staff that offers culturally appropriate services for American Indians

### **POST-TRAUMATIC STRESS DISORDER**

Post-Traumatic Stress Disorder (PTSD) affects troops returning from duty. Veterans suffering from PTSD are more likely to be heavy tobacco users than their comrades. Although using tobacco may seem like self-medicating, its effects are counteractive, and it's a strike against recovery.

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**FIGHT THE ADDICTION.  
Call the Montana  
Tobacco Quit Line today!**

**FREE SERVICE. FREE CALL**

**1-800-QUIT-NOW**

(1-800-784-8669)

**We have 24-hour  
voice mail, so please  
leave us a message.  
We will call you back!**

