

## HEALTH BENEFITS OF QUITTING SMOKING:

1. After **6 hours** your heart rate slows
2. After **8 hours** your carbon monoxide in your blood level will drop by half
3. After **48 hours** your sense of taste and smell improves
4. After **72 hours** your bronchial breathing tubes will relax and energy levels will increase
5. After **2 weeks** your blood flow will improve and will continue to do so over the next 10 weeks
6. After **12 months** your risk for heart attack will drop by half
7. After **5 years** your risk for stroke will be that of a non-smoker
8. After **10 years** your risk for lung cancer is cut in half
9. After **15 years** the risk for heart attack will return to that of a non-smoker



### LOCAL TOBACCO CESSATION Resources FOR TRICARE BENEFICIARIES

BAMC Health Promotion Center

210-916-7646

BAMC Pulmonary Clinic

210-916-0945/2153

Lackland Health Promotion

210-671-2554

Randolph Human Performance  
Resource Center

210-652-2300 opt # 1



1 Aug 19

## JOINT BASE SAN ANTONIO BROOKE ARMY MEDICAL CENTER

### BAMC Tobacco Cessation Guide



patch advantage powerful smell effects children lungs insurance benefits expensive prescription cigarettes cold turkey fight

**Quit**

**Tobacco**

therapy cessation health costs breathing gum rx nicotine help line cancer cancer help quit date replacement pros vs. cons addiction teeth one day at a time

**"ONE TEAM... ONE PURPOSE!  
CONSERVING THE FIGHTING  
STRENGTH SINCE 1775"**

THERE ARE A LOT OF REASONS TO



# TOBACCO CESSATION RESOURCES

## TOBACCO CESSATION WEBSITES

⇒ [www.smokefree.gov](http://www.smokefree.gov)

A Web based support program for the National Cancer Institute. Provides on line guides to assist you in quitting, with counselors available by phone or thru IM (Instant Messaging)

⇒ <https://www.ycq2.org>

Department of Defense web based support program with advice and strategies for developing a quit plan, individualized quit calendars, live chat with cessation coaches, and text messaging

⇒ [www.yesquit.org](http://www.yesquit.org)

A Web based support program from the American Cancer Society. Providing assessment tools, 24/7 community support, individualized quit plans, email/text support, and smoking cessation strategies and support.

## TELEPHONE ASSISTANCE

⇒ American Cancer Society Texas Quit Line:

**1-877-YES-QUIT (877-937-7848)**

Telephone counseling is available 24/7 and you get to talk to a live person.

⇒ American Cancer Society: **1-800-ACS-2345**

**(1-800-227-2345)** Telephone counseling is available 24/7 [www.cancer.org](http://www.cancer.org)

⇒ American Heart Association: **1-800-AHA-**

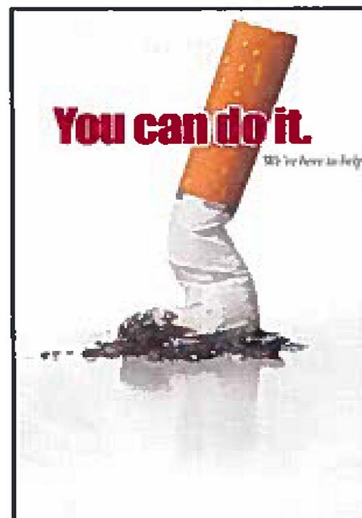
**USA-1 (1-800-242-8721)** [www.heart.org](http://www.heart.org)

⇒ American Lung Association: **1-800-**

**LUNGUSA (1-800-586-4872)** – to find the nearest center to you [www.lung.org](http://www.lung.org)

⇒ National Cancer Institute:

**1-800-4-CANCER (1800-422-6237)**  
[www.cancer.gov](http://www.cancer.gov)



## APPS THAT HELP QUIT TOBACCO



Life Armor - allows the user to browse 17 topics, including sleep, depression, tobacco cessation and others. Brief self-assessments help the user measure and track their symptoms, and tools are available to assist with managing specific problems. Videos relevant to each topic provide personal stories from other service members, veterans, and military family members.



Stay Quit - The App guides users in creating a tailored plan that takes into account their personal reasons for quitting. It provides information about smoking and quitting, interactive tools to help users cope with urges to smoke, and motivational messages and support contacts to help users stay smoke-free.



Mindfulness Coach - Mindfulness Coach was designed to help Veterans, Servicemembers and others learn how to practice mindfulness. Mindfulness means paying attention, on purpose, to whatever is going on in the present moment without passing judgment on it. This app can help reduce stress associated with quitting smoking



quitSTART - is a App designed for adults and for teens who want to quit smoking. This app takes the information you provide about your smoking history and gives you tailored tips, inspiration and challenges to help you become smoke free and live healthier.