



BAYNE-JONES
ARMY COMMUNITY HOSPITAL

BREAK FREE FROM TOBACCO

*There is no day like today to quit.
Quitting has never felt so good.*



**YOUR HEALTH.
YOUR FUTURE.
YOUR CHOICE.**

YES!
THAT'S A
TOBACCO PRODUCT

You might think cigars are less harmful—but any tobacco product is harmful.

There is no such thing as a safe tobacco product.

DO YOU KNOW?



- Tobacco use is the leading cause of preventable death.
- It raises your risk for heart disease, lung cancer, the spread of cancers, heart disease, stroke, diabetes, and chronic lung disease.
- Quitting tobacco is the best thing you can do for your health.
- It's not too late! Quitting at any age can improve your health & increase your life.
- Smoke-free is cheaper. You'll save money & breathe easier.
- Support is proven to increase your chances of success.
- We're here to help you take the first step toward a healthier, tobacco-free life.

TOBACCO PRODUCTS INCLUDE:



Cigarettes
(all types)



Pipe
Tobacco



Smokeless
Tobacco
(chew, snuff,
dip, snus)



Hookah
(waterpipe)



E-Cigarettes
(vapes,
e-hookahs,
e-cigars)



And much
more.

OTHER TOBACCO PRODUCTS WE PROVIDE SUPPORT:

Cigars, cigarettes, hookah (waterpipe),
electronic cigarettes, smokeless tobacco
(chew, snuff, dip, snus), and more.

TOBACCO CESSATION SUPPORT



One-on-one
counseling



Prescription
medication



Support that
works

**TAKE THE FIRST
STEP TODAY.**

CONTACT US



726-706-1146



Health Promotion Services



1585 3rd Street, bldg 285
Fort Polk, LA 71459



RESOURCES TO HELP YOU QUIT

TRICARE® Tobacco Cessation
Resources (TRICARE.mil)

Visit my.tricare-west.com/health-wellness/your-health/take-charge/tobacco to get started.

**YOU
QUIT 2**

MAKE TODAY DAY
TOBACCO-FREE

Learn more at
tricare.mil/quitsmoking



Public Health
Prevent. Promote. Protect.

Fort Polk, LA

