

What does the Tobacco and Nicotine Cessation Program offer YOU:

- 1) You may be prescribed Chantix, Zyban, Nicotine Patch, and/or Nicotine Gum to help you stop using tobacco and nicotine.
- 2) Learn about the effects of tobacco and nicotine on your physical and dental health, nutrition, and stress management.

It's Time to get **STARTED**



APHN Contact Information:

Phone: 915-742-1343

Genesis Patient Portal Messaging:
**USA Ft. Bliss Community Health
Nursing Messaging**

Location:
Army Public Health Nursing Clinic
(Mendoza Clinic, 2nd Floor)
11335 SSG Sims Street

Contact Us
We are here
To HELP!



Fort Bliss Army Public Health Nursing
(APHN)

**TOBACCO &
NICOTINE
CESSATION
PROGRAM**



Are you ready to
QUIT?

Nicotine and tobacco:

Tobacco use is the leading cause of preventable deaths and can cause: cancer, stroke, heart disease, diabetes, and lung disease.

Tobacco use can also cause dental issues:

- Oral Cancer
- Halitosis (bad breath)
- Cavities

People who smoke are 3x more likely to lose all of their teeth. About 43% of adults aged 65 and up who currently smoke have lost all of their teeth.

Over 40% of adults aged 20-64 who currently smoke have untreated tooth decay.

Types of tobacco/nicotine products:

Types of nicotine and tobacco products:

- E-cigarettes/vapes (i.e. dispos, carts, pens, pods, etc)
- Cigarettes
- Cigars
- Chewing tobacco
- Pouches (i.e. lip pillows, upper decky, etc)
- Hookah

Quitting tobacco and nicotine products can have immediate benefits for your health!

- After 1-2 years of no smoking, the risk of heart attack drops sharply.
- After 5-10 years, your risk of stroke decreases.
- After 5 years, your risk for mouth, throat, and voice cancer drops by half.
- After 10-15 years, your risk of lung cancer drops by half.

What's the deal with e-cigarettes?

E-cigarettes and vapes contain harmful substances besides just nicotine. They contain:

- Ultrafine particles that can be inhaled deep in the lungs and settle on surfaces around you
- Volatile organic compounds
- Flavoring chemicals that have been linked to lung disease
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead

Some e-cigarettes that claim to be nicotine-free have been found to contain nicotine!

E-cigarettes are not an approved "quit smoking" aid and many people who use e-cigarettes to quit smoking end up using both cigarettes and e-cigarettes at the same time.



How to get started?

Who is eligible to participate in the Nicotine and Tobacco Cessation Program:

- Active-duty soldiers
- Family members
- Military Reservists (activated)
- Military retirees
- DA Civilians

How do you get a referral?

- You can self-refer (just walk in) to the APHN clinic and ask to be enrolled in the program
- You can call our clinic or message us from your Patient Portal
- You can ask your PCM, Dentist, or Mental Health provider to send a referral for you to be enrolled in the program

What is the program schedule?

How long is the program?

- The program is 4 weeks long.

How often do I have to go to class?

- Meet with APHN and a Pharmacist once a week every Tuesday from 1300-1430 in the APHN Clinic (located in the Mendoza Clinic, 2nd Floor).

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