



U.S. Air Force photo by Justin Connahee

The Army's strength comes from **YOU**. Tobacco use is a threat to your health and ability to serve.

Smoking or chewing tobacco puts your health and our mission at risk.

Smoking causes cancer, heart disease, stroke, lung diseases, diabetes and chronic obstructive pulmonary disease (COPD), and increases the risk for tuberculosis, certain eye diseases and problems of the immune system.*

*Source: U.S. Department of Health and Human Services.
The Health Consequences of Smoking—50 Years of Progress:
A Report of the Surgeon General

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