



EFFECTS OF SMOKING ON SOLDIERS READINESS

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that's OK – but try to limit to one card for reference)

Ask your Soldiers to provide examples of how smoking decreases readiness:

- Decreases stamina/endurance
- Decreases Night Vision
- Slows Wound Healing
- Decreases Hand-Eye Coordination
- Increases risk of cold weather injury due to poor circulation

Ask your Soldiers to provide some of the benefits of quitting smoking:

- 20mins: improved heart rate and blood pressure
- 12hrs: oxygen levels in your blood return to normal
- 2-3wks: circulation and lung function improves
- 1-9mos: coughing and shortness of breath decreases
- 1yr: risk of coronary heart disease is $\frac{1}{2}$ that of a smoker's
- 5-15yrs: stroke risk is reduced to that of a non-smoker
- 10yrs: lung cancer rate is $\frac{1}{2}$ of a continuing smoker
- 15yrs: risk of coronary heart disease is that of a non-smoker

ALL BENEFITS ARE LOST BY JUST SMOKING 1 CIGARETTE A DAY!