

Dangers of **NICOTINE:**

Most e-cigarettes contain nicotine, which has known negative health effects:

Nicotine is **HIGHLY ADDICTIVE**.

Nicotine is **TOXIC** to developing fetuses.

Nicotine can **HARM ADOLESCENT BRAIN DEVELOPMENT**, which continues into the early to mid-20s.

Nicotine is a **HEALTH HAZARD** for pregnant women and developing babies.

THE BOTTOM LINE

E-CIGARETTES ARE NOT SAFE for youth, young adults, pregnant women or adults who do not currently use tobacco products.

While e-cigarettes have the potential to benefit some people and harm others, scientists still have a lot to learn about whether e-cigarettes are effective for quitting smoking.

If you've never smoked or used other tobacco products or e-cigarettes,

DON'T START!

Source: U.S. Department of Health and Human Services

Have you started and are **READY TO STOP?**

- Text "DITCHJUUL" to 88709
- Sign up for SmokefreeTXT for teens
- Download the free quitSTART app
- Call 1-800-QUIT-NOW
- Visit teen.smokefree.gov
- Talk to your doctor



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Understand the RISKS: Vape Pens & E-Cigarettes



The overwhelming majority of young people do not use e-cigarettes.

However, for those that do, there are some serious, long-term health risks that can come about by using vape pens.

1 Nicotine use in early adolescence causes changes in the brain that make **life-long addiction** much more likely.

2 **Ear, eye and throat irritation** are common among e-cigarette/vape pen users.

3 The aerosols produced by the chemicals in e-juice enter the user's lungs unfiltered and leave behind **chemical residue**.

4 Nicotine is known to have effects on the cardiovascular system. Recent studies show that acute use of e-cigarettes impairs flow-mediated dilation, suggesting they can lead to **cardiovascular diseases**.

BUT AREN'T E-CIGARETTES HARMLESS?

Here are THE FACTS:

Recent studies show that e-cigarette/vape pen use is associated with the use of other tobacco products known to cause further health issues, including **cancer and heart disease**.

Many people incorrectly believe these devices produce a water vapor, when they actually create aerosols that contain **harmful chemicals**. They also make **ultra-fine particles** that are inhaled into the lungs and out into the environment, making them harmful to the user and others nearby.

These devices are still very new, and so many of the long-term health consequences of their use are still not known. But mounting evidence shows that these devices are **far from harmless**.

Source: Stanford University Division of Adolescent Medicine



WHAT'S INSIDE AN E-CIGARETTE?

It is difficult for consumers to know what e-cigarette or vaping products contain. For example, some that are marketed as containing "zero percent" nicotine have been found to contain nicotine.

Here are other **HAZARDOUS CHEMICALS** and materials that have been found in these devices:

Volatile Organic Compounds

Ultrafine Particles

Cancer-Causing Chemicals

Heavy Metals

Diacetyl