

DANGEROUS MISPERCEPTIONS TEENS HAVE ABOUT VAPING ALONG WITH THE FACTS

All JUUL pods contain some nicotine. Even e-cigarettes labeled “nicotine free” contains some. This is because there is no FDA oversight about how “e-juice” is made or what contents are in it. The labels don’t always match the ingredients or amounts listed. YIKES!!!!



JUUL pods claim to have roughly as much nicotine as an ENTIRE pack of cigarettes. Since nicotine is HIGHLY ADDICTIVE and JUUL pods contain highly concentrated levels of nicotine, it can have lasting effects on adolescent brain development, which continues until age 25. These lasting effects can include permanently lowering impulse control and damaging parts of the brain that control attention, learning, and memory.

The aerosol produced from vapes is NOT just water vapor! It is often a mixture of HARMFUL CHEMICALS like nicotine; formaldehyde, which is PROVEN to cause cancer; and acrolein, which is used as a weed killer and can cause IRREVERSIBLE lung damage. It also contains flavorings such as diacetyl, another chemical linked to serious lung disease; volatile organic compounds such as benzene, which is found in car exhaust; and heavy metals, such as nickel, tin and lead. ALL these CHEMICALS are HARMFUL to the human body! Need an example? Some buttery flavored vapes like caramel contain diacetyl and acetoin. Inhaling diacetyl has been linked to popcorn lung, a lung disease that DOES NOT have a CURE!!

No e-cigarette has been found safe or effective by FDA in helping smokers quit. In fact, research suggest that youth are up to seven times more likely to use other forms of tobacco if they use e-cigarettes like JUUL. Remember there is nicotine in both traditional cigarettes and e-cigarettes, and both highly addictive.



Still don't think nicotine is that bad for you?

Nicotine exposure during teen years can disrupt normal brain development. It can have long-lasting effects, like increased impulsivity and mood disorders.



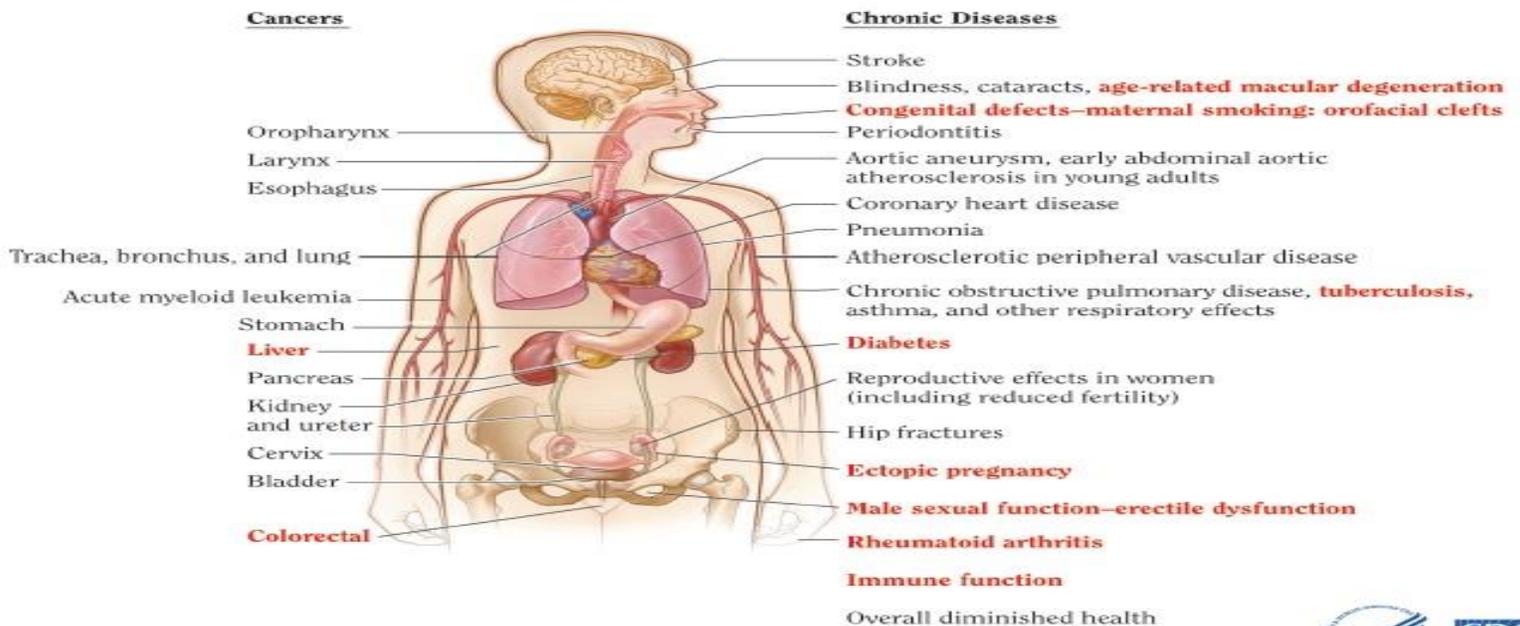
Don't think you have an addictive personality or won't get hooked??

Research shows that vaping delivers nicotine to the brain in as little as 10 seconds. And a teens brains is still developing, making it much more vulnerable to nicotine addiction.

These products are designed to appeal to teens (taste good) and go undetected by adults so the e-cigarette industry can get you addicted and continue to make millions of dollars on a product that is only harming you!

Risks from Smoking

Smoking can damage nearly every part of your body



Every year, more than 443,000 Americans **die from smoking related diseases**. Smoking is associated with increased risk for at least 15 types of cancers; it's also a major cause of chronic lung disease, heart disease and stroke. Smoking accounts for 30% of all cancer deaths and 87% of lung deaths.

You think this will not happen to you...but it is an inevitable risk. In my nursing career, I have firsthand cared for patients that have had heart disease, strokes, cancer and lung disease. I have heard these patients laying in their hospital bed, looking 20 years older, sorrowfully say as they struggle to breathe, "I wish I would have never started smoking. It's the worse decision I ever made!" My fear is what lies ahead of the unknown long-term side effects of vaping.

There is no magic number to how many cigarettes or e-juice cartridges you can smoke before you get "sick." I challenge you to ask any adult smoker if they wish they would have never starting smoking. Ask them how many times they tried to quit or how much money they spend a month on cigarettes. Ask yourself- is this what I want my future to look like?

I do not want you to look back in 30 years wishing you knew about all the possible long-term consequences that WILL EVENTUALLY come with smoking and ALL the wasted money that you spent on this nasty habit, which is now an epidemic. You wonder why it is an epidemic? Because once you are hooked- it is hard to quit. Just like drug abuse.

BOTTOM LINE: E-CIGARETTE and any kind of smoking USE IS UNSAFE! My hope is you will look that the facts and research provided and ask yourself if these long-term complication are really worth it? If you are already addicted, please reach out for help to quit. I have provided some resource below for you to start with.

- ✓ **American Lung Association: www.Lung.org/stop-smoking or call 1-800-LUNGUSA (1-800-586-4872)**
- ✓ **CDC: www.cdc.gov/tobacco/quit_smoking or call 1800-QUIT- NOW (1800-784-8669)**