

# PUT YOURSELF FIRST. LET GO



## HOW DOES SMOKING AFFECT YOUR HEALTH?

Millennials and youth are not exempt from the health effects that are caused from smoking! Smoking causes cancer, heart disease, stroke, lung disease, diabetes, and chronic obstructive pulmonary disease, among so many other health effects.



## HOW DOES USING OTHER TOBACCO PRODUCTS, SUCH AS VAPES AND E-CIGARETTES AFFECT YOUR HEALTH?

The epidemic of e-cigarettes and vaping associated lung injury sharply has increased. The Centers for Disease Control and Prevention has found that aerosolized nicotine, flavorants, chemicals, and other harmful particles of e-cigarettes could potentially affect a person's lungs and lead to lung damage.



## VAPING MYTHS

**MYTH:** E-cigarettes are safe.

**FACT:** E-cigarettes are not currently approved by the FDA as a cessation smoking aid. Although, e-cigarettes may help adults who smoke if used as a complete substitute for all cigarettes and other smoked tobacco products. Dual use is not an effective way to reduce adverse health effects.

**MYTH:** Vaping helps people quit smoking

**FACT:** E-cigarettes are not currently approved by the FDA as a cessation smoking aid. Although, e-cigarettes may help adults who smoke if used as a complete substitute for all cigarettes and other smoked tobacco products. Dual use is not an effective way to reduce adverse health effects.



## CHEMICALS FOUND IN E-CIGARETTES

- Nicotine
- Carcinogens
- Benzene
- Propylene glycol
- Volatile Organic Chemicals
- Flavoring such as diacetyl, a chemical linked to serious lung disease
- Heavy metals such as nickel, tin, and lead



## HEALTH BENEFITS AFTER QUITTING INCLUDE

- 20 minutes= Your heart rate drops to a normal level.
- 12 to 24 hours=Carbon monoxide level in your blood drops to normal and risk of heart attack is significantly reduced.
- 1 to 9 months= Your coughing and shortness of breath decreases.
- 1 year= Your risk of heart disease is reduced by half of a smoker.
- 10 years=Your risk of dying from lung cancer is reduced by half of that of a smoker.



## WHAT CAN YOU DO TO LET GO OF TOBACCO?

Take control of your health and don't let Big Tobacco Companies take control of you.

Cessation Resources:

[tobaccofreenj.com/quit-smoking](http://tobaccofreenj.com/quit-smoking)