

TRUTH SPOTLIGHT

on vaping

USING TOBACCO PRODUCTS CAN INCREASE THE SEVERITY OF RESPIRATORY ILLNESSES.

SMOKING CAN CAUSE:



Lung Disease



Diabetes



Cancer



Heart Disease

VAPING

(E-cigs, e-hookah, e-juice, juuling, vape pens, mods, tank systems, and electronic nicotine delivery systems-ends)

- E-cigarette aerosol can contain chemicals that harm the lungs.
- Vaping also exposes lungs to metallic vapors created by heating the coils in the device.
- Vaping has been associated with shortness of breath, acute lung injury, COPD, and asthma.

It's always a good time to quit, but there has never been a better time to do it.

TO HELP YOU QUIT

Call for free support

1-800-QUIT-NOW (1-800-784-8669)

Access free online resources:

CDC: cdc.gov/tips

NCI: smokefree.gov

Sources: CDC, NIDA