

BE A TOBACCO FREE TEEN

Quitting smoking/vaping is one of the best things you can do for your health and your future. It will be a challenge! Need some support along the way?

Here are some **FREE** options!



Visit <http://teen.smokefree.gov>

- Learn ways to quit
- Learn impact of smoking
- Quiz yourself!
- Resources

quitSTART App

- Personalized quit plan tool.
- Use Online or Download the Free quitSTART App on Google Play or the Apple App Store

SMOKEFREEXTXT



- Text QUIT to 47848
- Answer a few questions
- Start receiving supportive messages

TXT

Other Resources:

- www.BeTobaccoFree.gov
- www.tobaccofreekids.org
- www.thetruth.com
- <https://smokingstinks.org>
- <https://teens.drugabuse.gov>
- www.lung.org
- <https://aspire2.mdanderson.org>

You can Quit!
We can help!

1-800-QUIT-NOW
1-800-784-8669
www.michigan.gov/tobacco

Free!
Michigan
TOBACCO
QuitLine

Funded by the Michigan Department of Community Health

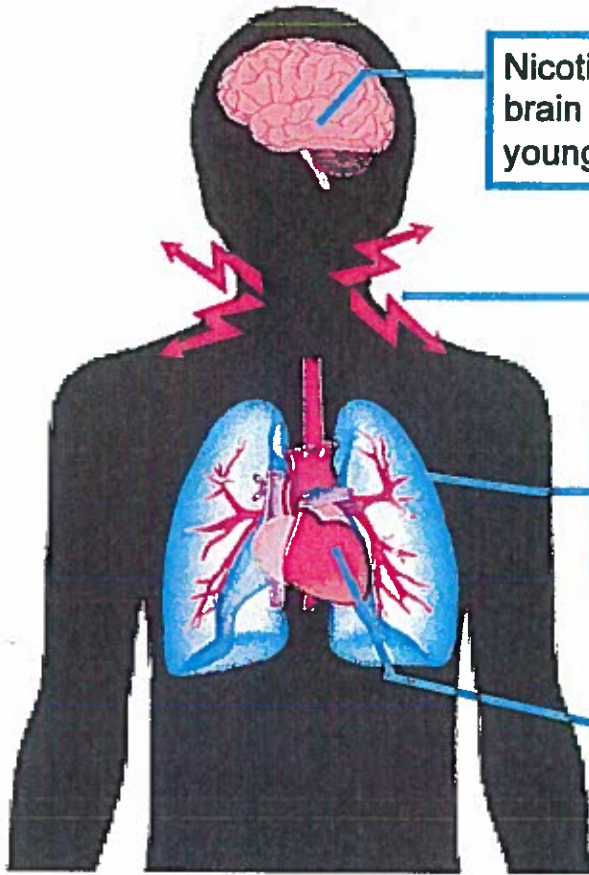


Mid-Michigan District
HEALTH DEPARTMENT

CLINTON • GRATIOT • MONTCALM

Risks of E-Cigarette and Vape Pen Use

Although the overwhelming majority of young people do not use e-cigarettes, the recent increase in use among adolescent is concerning to health professionals.



Nicotine use in early adolescence causes changes in the brain that make **life-long addiction** much more likely for young e-cig/vape users.

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

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

Nicotine is known to have effects on the cardiovascular system. Some recent studies show that acute use of e-cigarette impaired flow-mediated dilation, this suggests that e-cigarettes can lead to **cardiovascular diseases**.

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

Many people incorrectly believe that these devices produce a water vapor when in fact they create aerosols that contain **harmful chemicals**, and **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 so many of the long-term health consequences of their use is still not known. Even still, the mounting evidence shows that these devices are **not harmless**.