

# MYTHBUSTERS



## Myth



## Truth

Smoking does not affect anybody except the smoker himself/herself

The dangers of second hand smoke are well known. Non-smokers exposed to cigarette smoke have more lung problems; second hand smoke kills up to 65,000 non-smokers each year.

Smoking only one cigarette per day is okay.

Smoking is NEVER healthy nor safe. Bad effects start as teenagers (bad breath, yellow teeth) and as adults (stroke, heart attacks). Smoking during pregnancy results in sicker babies.

E-cigarettes are healthy and safe alternatives to smoking tobacco

E-cigarettes contain the same harmful chemicals found in regular cigarettes. "Diacetyl" in flavored e-cigarettes cause very severe lung damage ("popcorn lungs.")

E-cigarettes can help people quit smoking.

There's no research that proves this claim. E-cigarettes may contain NICOTINE, the addicting substance in tobacco.

It is safe to use e-cigarettes around others.

Just like regular cigarettes, adverse health effects from second hand aerosol of e-cigarettes are common.

**Don't smoke, it's not a joke!**  
**If you're smoking, the best decision is quitting!**



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**We can help!**

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# The Truth about Smoking & Vaping



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A guide for teens, parents  
and physicians



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# What smoking & vaping can do to your body?

Insomnia  
Anxiety  
Heart failure  
Pneumonia  
Cancer  
Addiction  
Dry skin and Wrinkles  
Dry eyes  
Dry mouth,  
Dry cough  
Throat irritation  
Gum bleeding  
Dizziness  
Nausea and Vomiting

Second and third degree burns from exploding cartridges  
Rashes  
Ingestion of e-liquid is fatal  
Cataract  
Hearing loss  
Tooth decay  
Psoriasis  
Osteoporosis  
Emphysema  
Gastric ulcer  
Deformed sperm  
Miscarriage

## Smoking

UNHEALTHY.

ADDICTIVE.

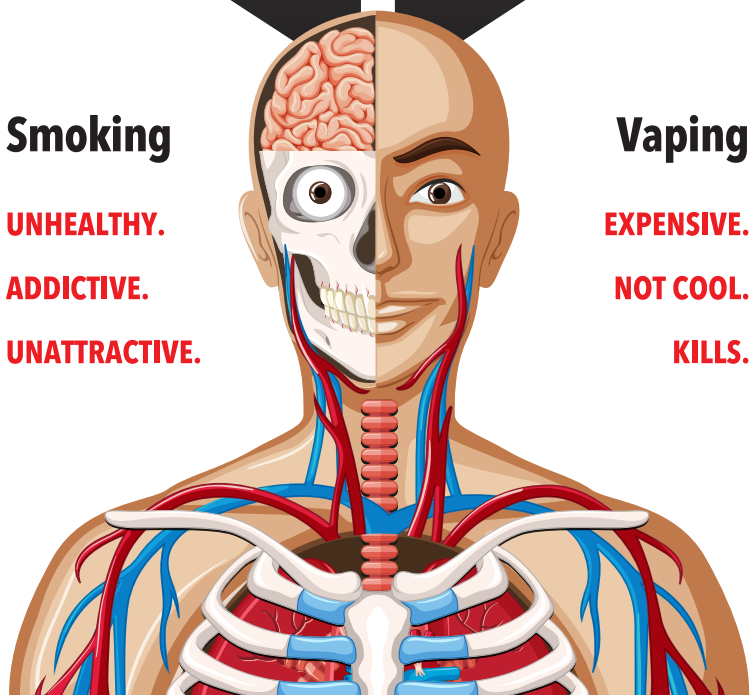
UNATTRACTIVE.

## Vaping

EXPENSIVE.

NOT COOL.

KILLS.



# SMOKING

## Cigarettes

Other forms of Tobacco: Cigars, Beedi, Kretek  
Pipe smoking, Roll-your-own, Cigi, Rollies, Roll-ups

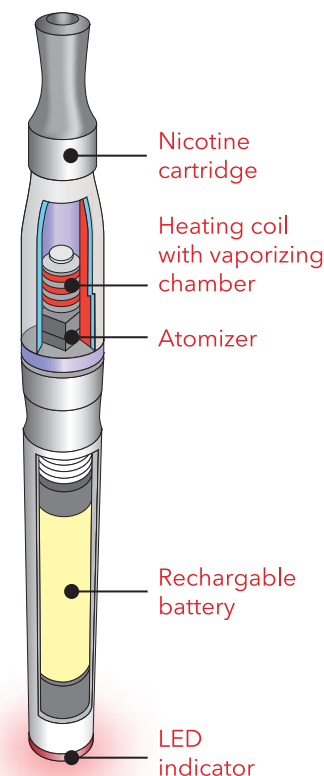
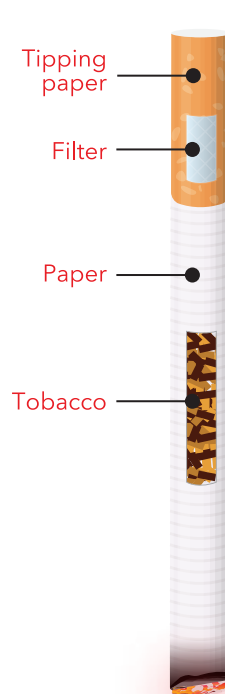
## E-Cigarettes

Other names: e-cigs, electronic cigars, electronic hookah, e-hookah, hookah sticks, personal vaporizers, mechanical mods, vape pens, & vaping devices

## What's inside

And where we usually use/see these ingredients

- NICOTINE  
insecticides and fumigants
- CARBON  
TETRACHLORIDE  
dry cleaning fluid
- ACETONE  
main ingredient in paint and  
nail polish remover
- ARSENIC  
rat poison
- PHENOL  
disinfectants  
and plastics
- HYDROGEN CYANIDE  
poison in gas chambers
- CABON MONOXIDE  
car exhaust fumes
- NAPHTALENES  
explosives, moth balls,  
& paint pigments



- NICOTINE  
insecticides and fumigants
- LEAD  
batteries
- FORMALDEHYDE  
embalming dead bodies
- BENZENE  
rubber cement
- TOULENE  
embalmers' glue
- PROPYLENE  
GLYCOL  
paint, lotion, anti-freeze
- VEGETABLE  
GLYCERIN  
suppositories
- FLAVORING  
natural and artificial

Cigarettes contain TOBACCO and other toxic ingredients

It has 70 confirmed cancer-causing (carcinogenic) compounds

Cigarette smoke contains over 7,357 chemicals

Plus 400 other toxins

### NICOTINE

- highly addictive
- acts as a stimulant in small doses but can be lethal in higher doses
- affects the brain directly by lowering impulse control, affecting mood, attention and learning

Liquid nicotine is extracted from tobacco and is lethal if inhaled, ingested or absorbed by skin even in small amounts.

E-cigs create a "vapor" which contains nicotine, toxicants, heavy metal and other chemicals.