

# What **YOU** SHOULD KNOW ABOUT **VAPING** & How it Affects Your Life



## MYTHS BUSTED

**Vaping is not harmless:** Over the past four years, studies have shown that the gases and **particles in e-cigarette vapors** can **harm...**

(Source: Science News for Students | 2016)



lungs



brain



heart



immune system



E-cigarettes can contain **harmful chemicals**, including nicotine. **Nicotine** exposure during adolescence can cause **addiction** and can harm the developing adolescent brain.

(U.S. Surgeon General)

**E-cigs don't need nicotine to be toxic.** **Diacetyl**, known to be used by e-cig companies for flavoring e-juice, has been **linked to a lung disease** called popcorn lung.

## GET THE FACTS

### national trends

(Source: Center for Disease Control)

E-cigarettes are the **most commonly used tobacco product** among U.S. middle and high school students.

The most popular e-cigarette, called **JUUL**, delivers a **high dose of nicotine** and is shaped like a USB flash drive, making it easier to **conceal and use during school**.

### local trends

(Data collected from the Muskegon MIPHY survey.)



Percentage of teen vapor use



### Why are teens vaping?

**40%**  
enticing taste

**23%**  
boredom

**21%**  
relieve stress

**13%**  
look cool

**Talk early. Talk often. Visit [TalkSooner.org](http://TalkSooner.org) for additional information about the dangers of e-cigarettes.**