

# SHOULD I TALK TO MY KIDS ABOUT

# vaping?

## ARE YOUR KIDS SCHOOL-AGE?

yes

It's likely they already know more about vaping than you do, so it's time to catch up.

E-CIGARETTES ARE NOW THE MOST COMMONLY USED TOBACCO PRODUCT AMONG YOUTH

no

### They're younger.

You may be able to wait a few years, but the tobacco industry will be targeting them with marketing and candy flavored e-cigarettes soon.

no

### They're adults.

Are they trying to quit tobacco use all together?

yes

Research shows that e-cigarettes should not be recommended as a tool to quit smoking. For help with quitting visit [quitplan.com](http://quitplan.com).

no

Some users are addicted to e-cigarettes just like any other tobacco product.

## DO THEY ALREADY VAPE OR HAVE FRIENDS THAT DO?

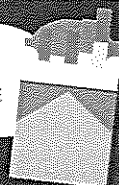
no

Good! They are steering clear of nicotine addiction, which is great for their brain. The human brain is still developing until age 25, which means it's easier to become addicted. Exposure to nicotine at this age can cause problems in learning, memory and attention.

yes

Teens are more likely to become addicted to other tobacco products if they vape.

60% OF HIGH SCHOOL E-CIG USERS ALSO USE SOME OTHER TYPE OF TOBACCO



## DO THEY ALREADY SEE THE HEALTH IMPACTS OF VAPING?

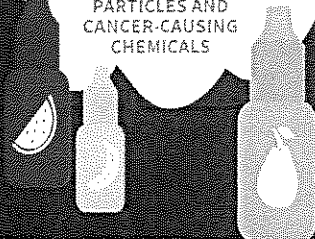
no

That's not surprising. Since e-cigarettes have only been on the U.S. market since 2007 we're not sure what the long-term health impacts of heating and inhaling the chemicals in e-liquids will be.

yes

In the short-term, vaping can cause throat irritation and worsen respiratory conditions like asthma and bronchitis. Lithium battery explosions are also a risk and can cause burns.

E-LIQUIDS CONTAIN NICOTINE AND OTHER CHEMICALS THAT ARE NOT PROVEN SAFE TO BREATHE IN. WHEN E-LIQUIDS ARE HEATED, THE AEROSOL PRODUCED HAS BEEN SHOWN TO CONTAIN HEAVY METALS, ULTRAFINE PARTICLES AND CANCER-CAUSING CHEMICALS



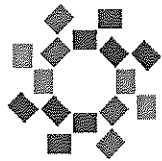
## TALK TO THEM!

There is a lot of misinformation about vaping and it's important young people know that it poses a serious health risk and youth are being targeted in order to make a profit.

Visit our website at [www.panmn.org](http://www.panmn.org) and learn how to talk to your children with free resources at [e-cigarettes.surgeongeneral.gov](http://e-cigarettes.surgeongeneral.gov)

Physician Advocacy  
Network

a project of Twin Cities Medical Society



Hackensack  
Meridian Health  
Hackensack University  
Medical Center



## Smoking Cessation: Everyone Loves a Quitter

**Deborah Simon Center for  
Integrative Medicine**

Smoking cessation might be difficult, but it is not impossible! Get the Help You Need to quit. Call for information or to schedule an appointment with a Tobacco Dependence Treatment Specialist for free.

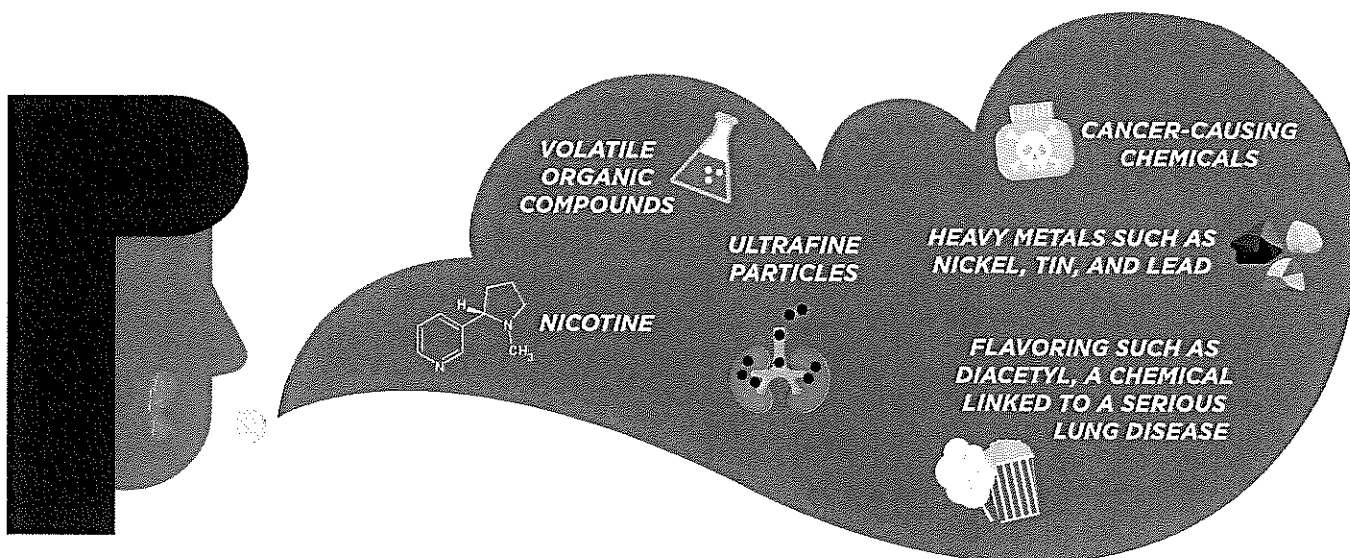
This program will:

- Help you create and stick with a quit plan
- Provide information about about nicotine replacement therapy and other quit aids
- Help you develop skills to manage cravings
- Offer the support you need to be successful

Deborah Simon Center for Integrative Medicine  
Health Awareness Regional Program  
HackensackUMC Fitness & Wellness  
87 Route 17 North, Maywood, NJ 07607  
Information/appointments: Call 551-996-2038 or  
Email [HARP@hackensackmeridian.org](mailto:HARP@hackensackmeridian.org)

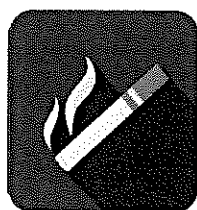
## WHAT IS IN E-CIGARETTE AEROSOL?

THE E-CIGARETTE AEROSOL THAT USERS BREATHE FROM THE DEVICE AND EXHALE CAN CONTAIN HARMFUL AND POTENTIALLY HARMFUL SUBSTANCES:

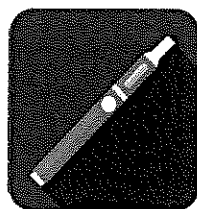


It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.

## ARE E-CIGARETTES LESS HARMFUL THAN REGULAR CIGARETTES?



**VS**



**YES**, but that doesn't mean e-cigarettes are safe.

E-cigarette aerosol generally contains fewer toxic chemicals than the deadly mix of 7,000 chemicals in smoke from regular cigarettes. However, e-cigarette aerosol is not harmless. It can contain harmful and potentially harmful substances, including nicotine, heavy metals like lead, volatile organic compounds, and cancer-causing agents.

# BERGEN NEW JERSEY *County*

Bergen County Executive  
James J. Tedesco III  
and the  
Board of Chosen Freeholders

## Thinking about a New Year's Resolution?

Make a Resolution to Quit Smoking.

**FREE**  
7-week Smoking Cessation Clinic  
at Fairview Public Library

Every Wednesday from 5:30-7:30 p.m.  
Beginning January 9, 2019 - February 20, 2019

† AMERICAN LUNG ASSOCIATION.  
*Freedom*  
FROM SMOKING™

Refreshments will be provided!

Call Melissa Fraas, 201-634-2608 for more  
information, or to register.



James J. Tedesco III  
Bergen County Executive

Board of Chosen Freeholders



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