

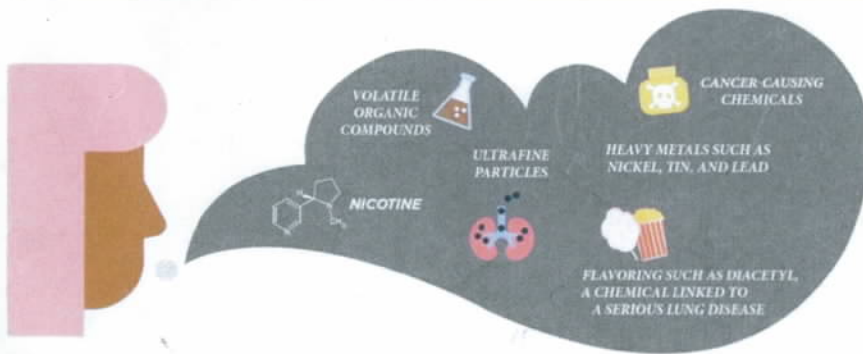
# TEEN VAPING AND WHAT PARENTS NEED TO KNOW

- E-cigarette aerosol is NOT harmless “water vapor.” The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances, including Nicotine.
- Ultrafine particles that can be inhaled deep into the lungs
- Flavoring such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead



- Most e-cigarettes contain nicotine, the addictive drug in regular cigarettes, cigars, and other tobacco products.
- Nicotine can harm the developing adolescent brain. The brain keeps developing until about age 25. Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control.
- Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people’s brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.

Using nicotine in adolescence may also increase risk for future addiction to other drugs.



## Electronic systems shaped like USB Drives.



Use of electronic vaping devices has been linked to serious illness and permanent lung damage

For more information contact the Dickson County Health Department 615-446-2839