

CIGARETTES AND YOUR HEALTH

WHAT YOU NEED TO KNOW



WHAT ARE CIGARETTES?

Cigarettes are small tubes of paper filled with tobacco. People smoke them by lighting one end and breathing the smoke into their lungs.

- Cigarette smoke **hurts your lungs** and can make it hard to breathe
- It can cause coughing, **asthma, and lung diseases**
- Smoking can lead to serious sicknesses like **cancer and heart disease**

Cigarettes & Chronic Disease

- Smoking makes your **heart weak**
- It can cause diseases that last your whole life, like **diabetes** or problems with breathing (like **COPD**)
- People who smoke cigarettes often **get sick more easily** and may not live as long

Cigarettes & Pregnancy

- If a mom smokes, the smoke can **hurt the baby** inside her
- Babies might be born too small or sick
- Smoking can make **babies unhealthy** after they are born

Cigarettes & Your Brain

- Smoking **hurts young brains** that are still growing
- It can make it **harder for kids and teens to learn**, remember, and pay attention



Cigarettes & Addiction

- Cigarettes have a drug called **nicotine**
- Nicotine can make your body always want more cigarettes
- Its **hard to stop smoking once you start** because your brain keeps asking for more

QUESTIONS?
CALL 919-470-8680

VAPING AND YOUR HEALTH

WHAT YOU NEED TO KNOW



WHAT IS VAPING?

Vaping means breathing in vapor from an **electronic cigarette** (also called a vape). Vapes heat a liquid that turns into vapor.

- Vaping can **hurt your lungs** and make it hard to breathe
- It can cause **coughing and lung infections**
- Some vapes have **harmful chemicals** that can hurt your body

Vaping & Chronic Disease

- Vaping can cause **lung and heart problems**
- It might make **asthma worse** and cause **new breathing problems**
 - Doctors are still learning all the ways vaping can hurt your body over time



Vaping & Pregnancy

- When a mom vapes, the nicotine can **reach the baby** inside her body
- This can make the baby **small, sick, or unhealthy**
- Doctors say moms shouldn't vape during pregnancy

Vaping & Your Brain

- Vapes usually have **nicotine**, just like cigarettes
- Nicotine is **bad for kids' brains** because their brains are still growing
- Nicotine can make it **hard to focus, learn and do well in school.**

Vaping & Addiction

- Many vapes have **nicotine**, which can make your body want more
- It's **easy to become addicted** because vapes can taste sweet and fruity, making people want to vape more and more
- Once you start, it can be hard to stop

**QUESTIONS?
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MENTHOL TOBACCO AND YOUR HEALTH

WHAT YOU NEED TO KNOW



WHAT IS MENTHOL TOBACCO?

Menthol tobacco has a minty flavor that makes it feel cool when you smoke or vape it. Menthol is used in cigarettes and some vapes.

- Menthol tobacco **hurts your lungs** just like regular tobacco
- It can cause **coughing, trouble breathing, lung diseases, cancer, and heart problems**

Menthol Tobacco & Chronic Disease

- Smoking menthol cigarettes can cause diseases like **heart disease, lung disease, and diabetes**
 - People who smoke menthol tobacco can **get sick more easily** and have problems that last their whole life

Menthol Tobacco & Pregnancy

- Smoking menthol tobacco when pregnancy can **hurt the baby**
- Babies may be born **too small** or have **breathing problems**
- Doctors say it's very important to not use menthol tobacco during pregnancy

Mentol Tobacco & Your Brain

- Menthol tobacco usually has **nicotine**, which hurts growing brains
- Nicotine makes it harder for young people to **pay attention** and **do well in school**

Menthol Tobacco & Addiction

- The menthol flavor makes smoking feel cool, which makes people **smoke more**
- Menthol can hide how **harsh cigarettes are**, making it easier for young people to start and harder to stop
- **Nicotine** in menthol tobacco makes your body want more

QUESTIONS?
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