

E-Cigarettes & Lung Health

E-Cigarettes Aren't Safe Let's talk about the facts.

Fact #1: Nicotine is addictive.

It does not matter what form the substance comes in, nicotine is addictive and addictive substances lead to addiction.

Fact #2: Nicotine exposure during adolescence can harm the developing brain.

Fact #3: Inhaling foreign substances into your lungs is bad for you.

E-cigarettes convert a liquid made up of all kinds of chemicals into a gas that can be inhaled into the lungs. Inhaling substances, outside of prescribed medications, can lead to a host of lung health issues especially when those substances are derived from chemicals and materials known to cause lung disease such as diacetyl (an ingredient commonly found in e-cigarettes) and heavy metals including nickel, tin and lead – if being around lead paint is bad, imagine inhaling it into your lungs! The American Lung Association's National President and CEO Harold P. Wimmer released a press statement surrounding the U.S. Surgeon General's report on e-cigarettes that says: "The Surgeon General also found that exposure to the aerosol from e-cigarettes is not harmless – specifically concluding that e-cigarette aerosol is not just 'harmless water vapor.' Instead, this aerosol can contain harmful and potentially harmful chemicals, including nicotine and carcinogens."

To read President and CEO Harold P. Wimmer's full press release, visit: <http://bit.ly/2ih1vXN>

STUDENT ACTIVITY

Write a rap or poem describing to your friends 5 reasons why e-cigarettes aren't safe! Send us a copy of your rap or poem, or even better – send us a video of you sharing it with your classmates!

Mail your entry by April 30, 2017 and be entered to win:

Newspapers in Education
PO Box 25125, Oklahoma City, OK 73125-0125

Entries can also be made online at:

<https://nie.newsok.com/educators/curriculum/lung-health-2017/>

You will be entered into a drawing to win a \$250.00 Visa Gift Card.

If you win, we will send your teacher a \$500 Visa Gift Card.

ENTRY FORM

Student Name: _____

Student/Guardian Phone: _____

Student/Guardian Email: _____

Teacher Name: _____

Teacher Email: _____

School Name: _____

Street Address: _____

City, State, Zip: _____

must be completed for valid entry



Oklahoma's future begins in the classroom.

