Tobacco smoking increases the risks of:

- Stroke
- Heart disease
- Lung cancer

If nobody smoked, 1 out of 3 cancer deaths in the U.S. would not happen.

Secondhand smoke causes 40,000 deaths due to cancer and heart disease every year in the US.
What about E-cigarettes?

E-Cigs deliver nicotine and other harmful chemicals. It is not just water vapor!

Heat in E-Cigs can create dangerous vapors containing:

- Diacetyl
- Formaldehyde

E-cig users are about 4 times more likely to start smoking within 6 months.

Need Help or Want More Information?

Visit: [https://teen.smokefree.gov](https://teen.smokefree.gov)
Call: [1-800-QUIT-NOW](tel:1-800-QUIT-NOW)