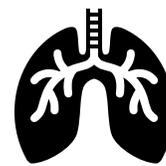


# What You Need to Know About E-cigarettes and Asthma



## What are E-Cigarettes?

E-cigarettes have a battery, a heater, and a place to hold the liquid or "juice." The heater turns the liquid into an aerosol. This aerosol is breathed into the lungs.

E-cigarettes are also called e-hookahs, mods, vape pens, vapes, and tank systems.



## What is in the Aerosol?



E-cigarette aerosol has many chemicals that can cause harm:



Cancer-causing chemicals



Diacetyl (linked to lung disease)



Heavy metals (nickel, tin, lead)



Gasoline, paint thinners, etc.



Nicotine

The aerosol can trigger an asthma attack in users and in anyone near them.

## Improve Your Health

Quitting e-cigarettes can help you get your asthma under control. It will also help other people with asthma.

For free quitting help, call the Michigan Tobacco Quitline at 1-800-784-8669.

Under 18? Text "start my quit" to 855-891-9989 for free quitting help.

## Why are E-Cigarettes a Problem

Young people use e-cigarettes more than any other kind of tobacco because:

- Tobacco companies target youth
- Candy/fruity flavors
- Cool looking design

E-cigarettes can lead to:

- Coughing/wheezing
- Bronchitis that doesn't go away
- Harm to the lungs and breathing trouble
- Addiction to other tobacco products, like cigarettes.

## Asthma

**27%**

Breathing the aerosol from someone else's e-cigarettes makes the risk of an asthma attack go up by 27%.

**2x**

People using e-cigarettes are 2 times more likely to start having breathing problems, like asthma and ongoing bronchitis.