

# What's the Message?



American Heart Association.  
Healthy for Good™

In this puzzle, jumbled words—if you can unscramble them—can help you reveal an important fact about e-cigarettes.

**Directions:** Unscramble the words below. Write one letter in each box.



1. 

D	I	A	V	O
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 → 

○	○		○	D
---	---	--	---	---

2. 

E	S	O	K	M
---	---	---	---	---

 → 

		○	K	
--	--	---	---	--

3. 

C	I	O	T	X
---	---	---	---	---

 → 

○	○	X	○	○
---	---	---	---	---

4. 

U	E	C	A	D	S
---	---	---	---	---	---

 → 

○	○	○	○	E	○
---	---	---	---	---	---

5. 

E	D	L	G	P	E
---	---	---	---	---	---

 → 

	L		○		○
--	---	--	---	--	---

6. 

I	E	A	C	S	M	H	C	L
---	---	---	---	---	---	---	---	---

 → 

	H		○			○	L	
--	---	--	---	--	--	---	---	--

7. 

E	T	R	D	E
---	---	---	---	---

 → 

ⓓ		○		○
---	--	---	--	---

8. 

T	O	N	N	C	E	I	I
---	---	---	---	---	---	---	---

 → 

	○	C		○		○	
--	---	---	--	---	--	---	--

## Did You Know?

The additives in e-cigarettes may be particularly toxic to a smoker's cardiovascular system. That means smoking e-cigarettes can harm your heart and blood vessels—two things your body definitely needs to stay healthy!

Write the circled letters from your solution boxes in these circles:

○	○	○	○	○	○	○	○	○	○	○	○	○	○
○	○	○	○	○	○	○	○	○	○	○	○	○	○

Now, use the circled letters to form words that will finish the sentence below. Cross off each letter as you use it. Letters that are already filled in below are not included in the circled letters.

<b>M</b>		e-cigarettes		<b>N</b>	nicotine, the		
<b>S</b>		highly		<b>E</b>		<b>G</b>	found

in tobacco products like cigarettes.

# **“What’s the Message?”**

## **Answer Key**

1. AVOID
2. SMOKE
3. TOXIC
4. CAUSED
5. PLEDGE
6. CHEMICALS
7. DETER
8. NICOTINE

**Most** e-cigarettes **contain** nicotine, the **same** highly **addictive drug** found in tobacco products like cigarettes.

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