

Scrambled!

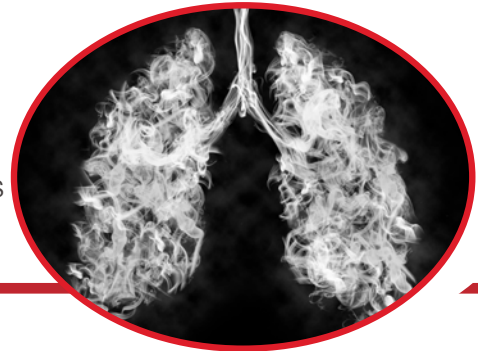


American Heart Association®

Healthy for Good™

These facts about smoking and e-cigarettes are missing some key words. Test your word skills—and learn more about this important health issue.

Directions: Each letter below is used once to spell a word that completes a sentence. When you use a letter, cross it out. Letters that are already filled in on the blanks are not in the letter bank.



A large red-bordered box containing a collection of black letters of various sizes and orientations, including O, D, T, R, N, O, T, C, B, A, S, I, Q, I, I, M, L, U, H, E, N, R, O, I, E, C, A, K, T, A, D, N, U, T, N, S, L, I.

1. Smoking any _____ o product puts a young person at risk of having a lifetime of nicotine addiction.
2. Most teens have the misconception that e-cigarettes are harmless, not _____ f _____.
3. Most e-cigarettes contain _____ c _____, which is the same highly addictive drug found in tobacco products like cigarettes.
4. Nicotine can negatively affect critical parts of the b _____, which can create lasting problems with attention, impulse control, moods, and learning.
5. Smoke that is exhaled by a smoker or that comes from the lighted end of a cigarette and is then inhaled by a nonsmoker is known as secondhand _____ e.
6. The aerosol produced by e-cigarettes contains other ingredients besides nicotine that can be harmful to the _____ g _____, making breathing more difficult.
7. Because their brains are still developing, young people get _____ d _____ to drugs like nicotine more easily than adults.
8. Scientists still don't know for sure if e-cigarettes help adults _____ u _____ smoking regular cigarettes.

“Scrambled!” Answer Key

1. tobacco
2. harmful
3. nicotine
4. brain
5. smoke
6. lungs
7. addicted
8. quit

Unsafe No Matter What You Call Them

Whether you call them *vapes*, *e-cigs*, *mods*, or *e-hookahs*, electronic cigarettes all have one thing in common: They can be unsafe, particularly for young people. Why? There are several reasons. Most e-cigarettes contain nicotine, a highly addictive drug that is found in tobacco products like regular cigarettes. Nicotine can negatively affect critical parts of the brain, an organ that is still developing in adolescents. This can create long-lasting problems such as permanently lowering impulse control and harming the parts of the brain that control moods, learning, and attention. The aerosol produced by e-cigarettes also contains ingredients that can be harmful to the lungs. In addition, research has shown that a person who starts smoking e-cigarettes in middle school or high school is more likely to smoke other tobacco products like regular cigarettes and smokeless tobacco. E-cigarettes may seem cool and convenient, but they are not the safe product advertisers want you to believe they are.

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