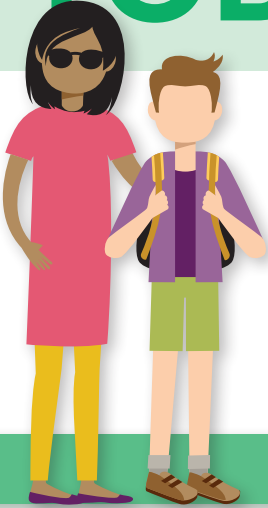


# THE TRUTH ABOUT TOBACCO

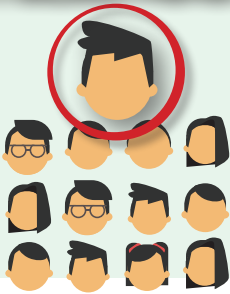


In Maine, a person must be **21 TO PURCHASE TOBACCO**

and related products.

While many teens are aware of the dangers of smoking, less is known about vaping, which has increased in popularity over the last few years.

## DID YOU KNOW?



**5.6 million** of today's Americans younger than 18 are predicted to die from a smoking-related illness.

THIS IS **1 IN 13** PEOPLE.<sup>1</sup>

**Vaping** can **weaken your immune system**, and **impacts your memory, learning ability, and attention.**<sup>2</sup>



Research indicates that **YOUTH** may be **more susceptible to the addictive properties of nicotine.**<sup>1</sup>

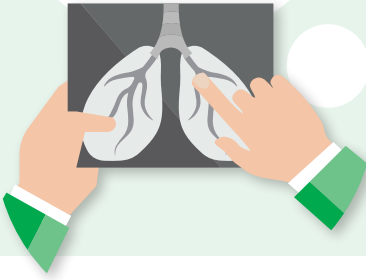


# THE TRUTH ABOUT TOBACCO

## TRUTH #1:

Vaping products contain nicotine.

Nearly all e-liquid contains **nicotine**.



## TRUTH #2:

Smokeless tobacco products are not safe.

Smokeless tobacco products contain dangerous chemicals like **nicotine**, **lead**, and **arsenic** that can lead to **cancer**, **heart disease**, **stroke**, and a **lifetime of addiction**.<sup>1</sup>

## TRUTH #3:

Tobacco use could affect you later in life.

Your brain continues to develop until age 25. Nicotine can harm your developing brain, possibly **impairing your memory, learning, and attention**.

**This is Quitting: Text MAINE to 88709**



**For more information, visit:**

- [healthyandroskoggin.org/tobacco21](http://healthyandroskoggin.org/tobacco21)
- [truthinitiative.org](http://truthinitiative.org)

### Sourcing

1. [www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/youth\\_data/tobacco\\_use/index](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index)
2. [www.thetruth.com/categories/vaping/fact](http://www.thetruth.com/categories/vaping/fact)
3. [www.lung.org/stop-smoking/smoking-facts/e-cigarettes-teens](http://www.lung.org/stop-smoking/smoking-facts/e-cigarettes-teens)
4. [www.thequitlink.com](http://www.thequitlink.com)

Healthy Androskoggin is a community agency serving Androskoggin County.  
**Visit us online at [healthyandroskoggin.org](http://healthyandroskoggin.org).**