Buena Salud® Club

1-866-783-2645

Tip of the Month
Avoid second-hand vapor from e-cigarettes which potentially may cause asthma and bronchitis.

health4americas

healthyamericas

Don't be fooled by E-cigarettes!

Electronic cigarettes (or e-cigarettes) are battery-powered devices that deliver nicotine as a vapor to users. Nicotine is a dangerous and highly addictive chemical.

E-cigarettes are potentially harmful to your health and should **not** be used. These products have not been studied and it is unknown which toxic chemicals they contain.

Tobacco companies are marketing these products to appeal to children and young adults by using flavors similar to popular brands of cereal, bubble gum, and candy.

Using e-cigarettes instead of tobacco cigarettes has not been proven to help quit smoking. In fact, it may have the opposite effect and lead people to use tobacco cigarettes.

National Alliance for Hispanic Health - www.hispanichealth.org

Top reasons to avoid e-cigarettes:

1. Nicotine is an extremely addictive chemical.
2. Levels of nicotine used in e-cigarettes is unknown.
3. High levels of nicotine in e-cigarettes have resulted in nicotine toxicity.
4. Usage could lead to using other cancer-causing tobacco products.
5. Not studied or regulated by the Food and Drug Administration (FDA).
6. The World Health Organization (WHO) recently came out against the use of e-cigarettes.

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Learn more:

Call the Buena Salud Club toll-free at **1-866-783-2645** for help on safe ways to quit smoking and receive a **FREE** reusable shopping bag.