



NATIONAL  
**ORAL CANCER**  
AWARENESS



*month*

# The Truth About Vaping

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Everything You Need to Know



**BOYS & GIRLS CLUBS**  
OF MONMOUTH COUNTY



# What is Vaping?

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# What is Vaping?

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Vaping is the act of inhaling an aerosol, or vapor, produced by an electronic device, typically an e-cigarette, vape pen, or other electronic nicotine delivery system (ENDS).

These devices heat a **liquid**, which often contains **nicotine**, **flavoring**, and other **chemicals**, into an aerosol that is then **inhaled**.



# Myth vs. Fact

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**"It's just water vapor"**

Vapes contain harmful chemicals, not just water

**"It's safer than smoking"**

Vaping is still addictive and damages the lungs and brain

**"Everyone is doing it"**

Most teens don't vape, that's a myth!

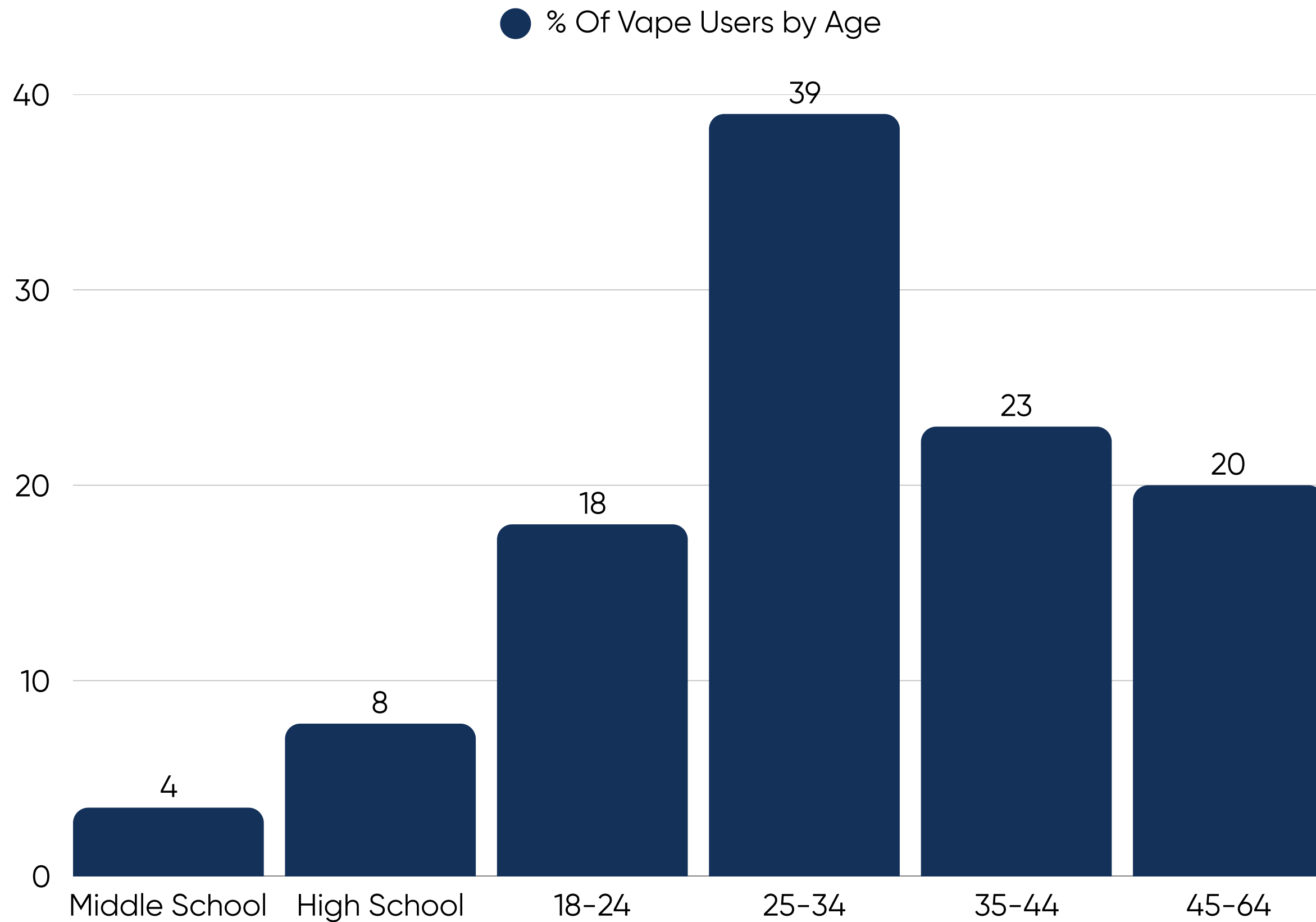


# Who Vapes?

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# Who Vapes?





# Why People Start & How To Say NO

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- Peer pressure / wanting to fit in
- Curiosity
- Fun flavors (cotton candy, etc.)
- Stress & Anxiety
- Social media trends
- Misinformation "It's safer than smoking"
- Tips to say NO confidently:
  - Change the subject
  - Blame sports/parents
  - Be honest: "I'm not into that"



**"Nah, I'm good."**

**"I don't need that stuff."**

**"That's not really my thing."**



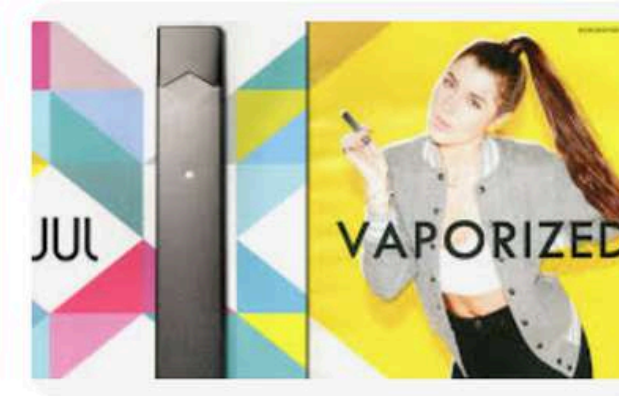


# Why Are Vapes So Appealing?

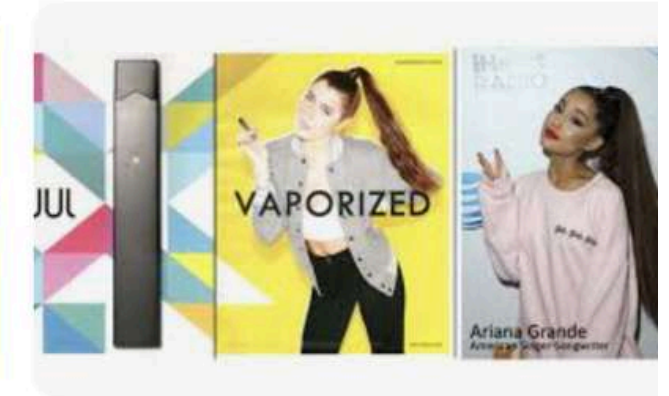
- Vapes are heavily marketed to young people
- Fun and “delicious” flavors
- Colorful ads
- Sleek packaging
- Portray it as a social activity



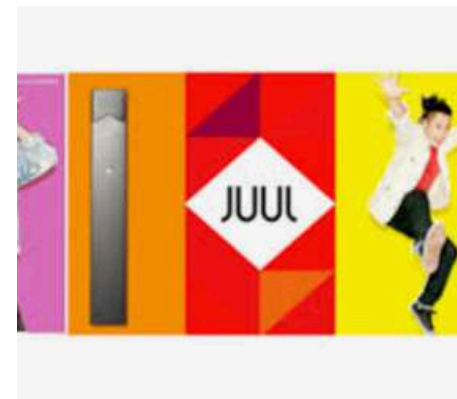
the New York Times  
Bought Ads Appearing on Cart...



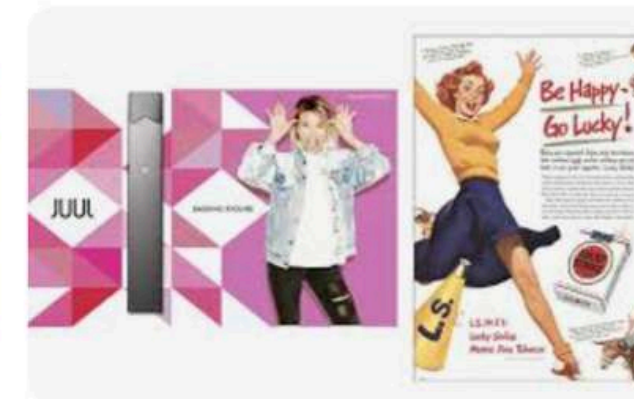
Truth Initiative  
JUUL keeps saying its popularity with ...



Los Angeles Times  
Column: Studies show how Juul exploited ...



of the Attorney General - | WA.gov  
against JUUL ...



Los Angeles Times  
Column: Studies show how Juul exploited ...



Truth Initiative  
How e-cigarette companies market ...



# Juul Pays \$440 Million for Targeting Teens

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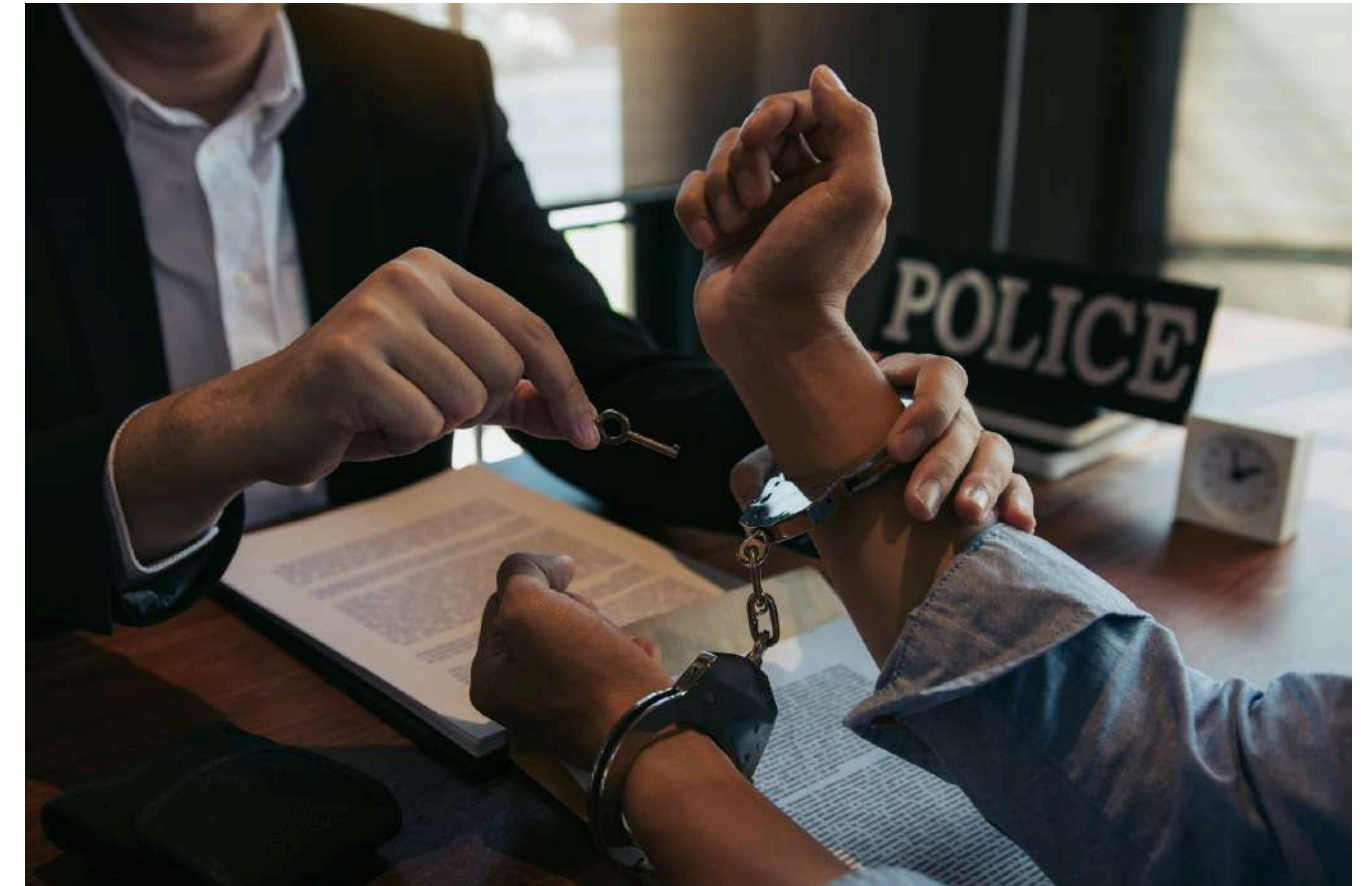




# Non-Health Related Consequences

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- **School consequences**
  - Suspension
  - Missed sports
  - Bad Reputation
- **Legal consequences**
  - Under 21? It's illegal to buy or use vape
  - Get a ticket/fine
  - Required to attend NA Meetings
- **Social impacts**
  - Addiction can affect friendships, family, sports, and goals.



# What's Actually inside a Vape?

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Nicotine (addictive!)

Heavy metals (like lead)

Cancer-causing chemicals (formaldehyde, acetaldehyde)

Flavorings like diacetyl (linked to lung disease)

## Where else can you find these chemicals?

Antifreeze



Nail Polish Remover



Embalming Fluid



Building Insulation



Paint



Pesticides

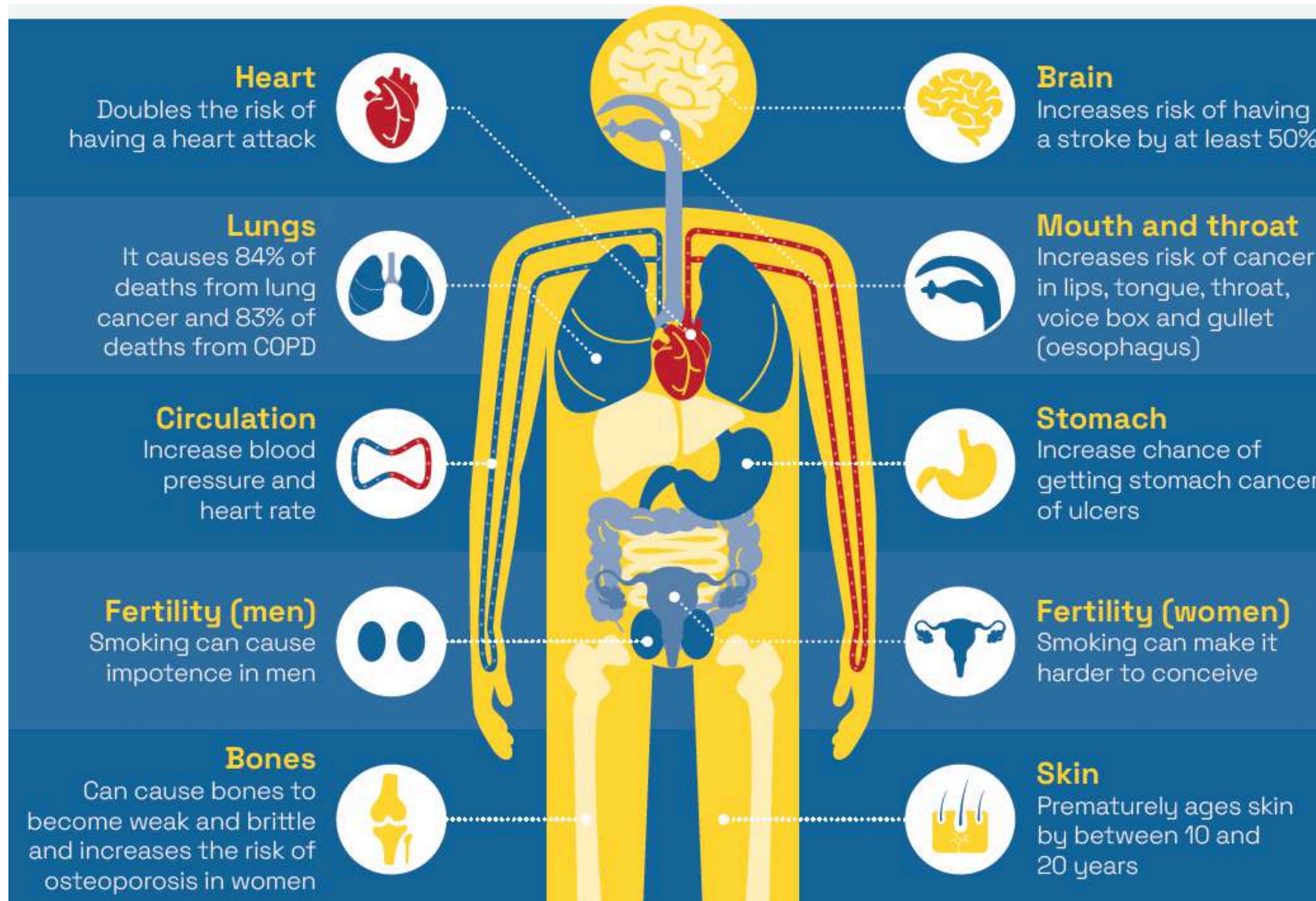


Fireworks





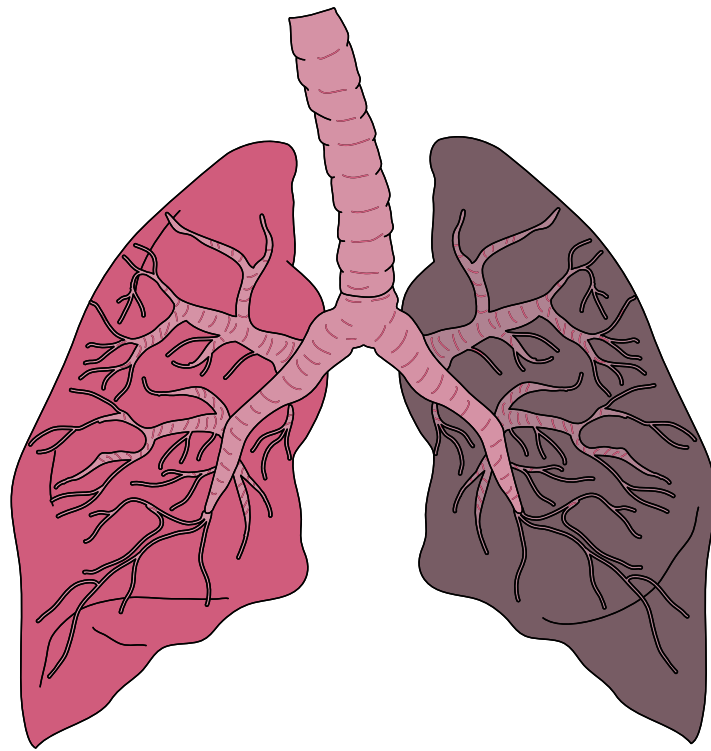
# Vaping & Your Health



# Vaping & Your Health

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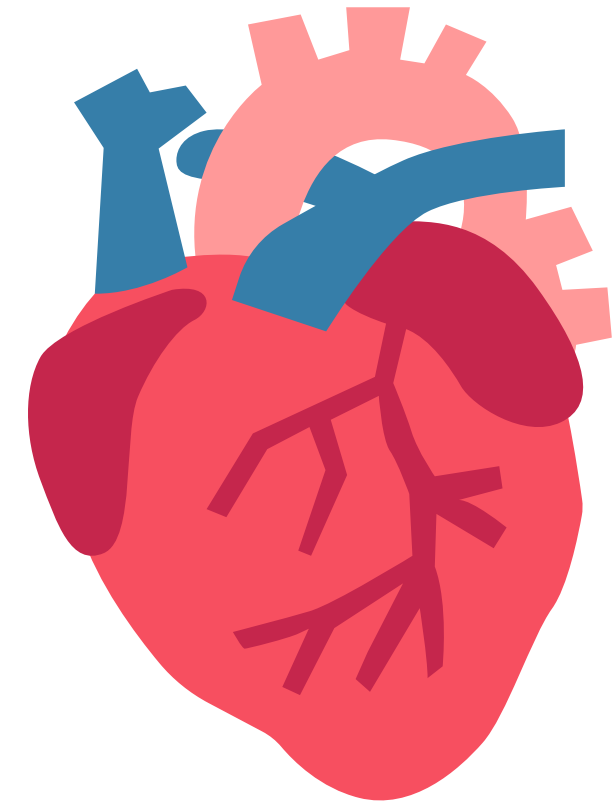
## Serious Health Concerns



**Lung damage**  
**Lung Cancer**  
**COPD**  
**Popcorn lung**  
**Chronic cough**



**Slows Brain Development**  
**Addiction**  
**Mood Swings**  
**Increased Anxiety & Depression**



**Heart Attacks**  
**Heart Disease**  
**Irregular heartbeat**  
**High Blood Pressure**





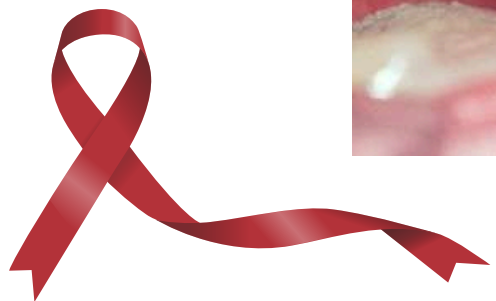
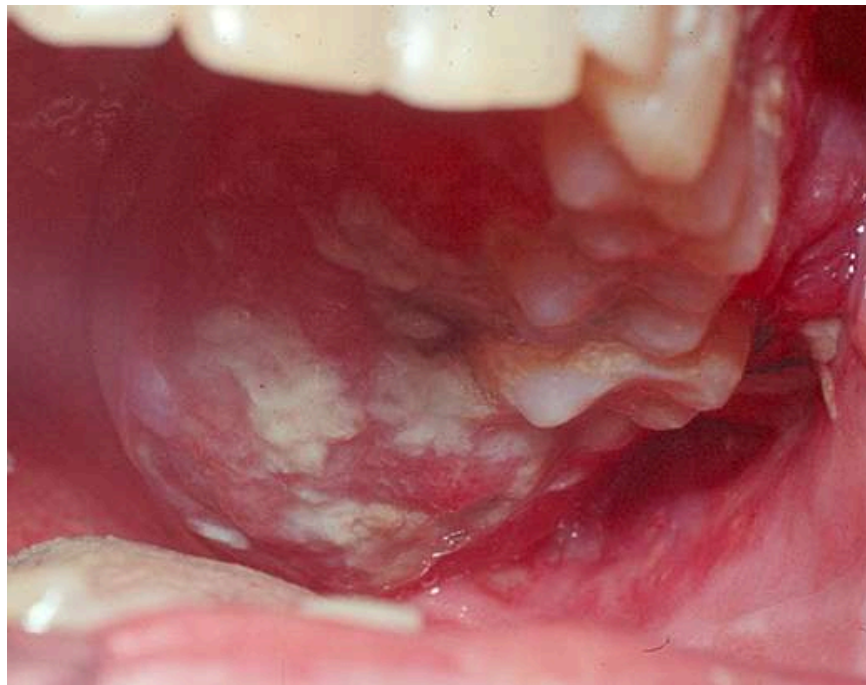
# Oral Cancer

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**Vaping, Cigarettes, Zyn, Chewing Tobacco, Marijuana, and Alcohol  
Will Destroy Your Oral Health & Can Lead to Oral Cancer**

**A healthy lifestyle can decrease your risk of developing  
Oral Cancer and improve your overall oral health**

**Dental professionals report more mouth ulcers, bleeding gums,  
and gum recession in teen vapers**



# When To Get Checked Out

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## Ulcers

Get checked out if your ulcers  
last more than 2-3 weeks

## Mouth Patches

Get checked out if have red or white  
patches throughout your mouth

## Lumps

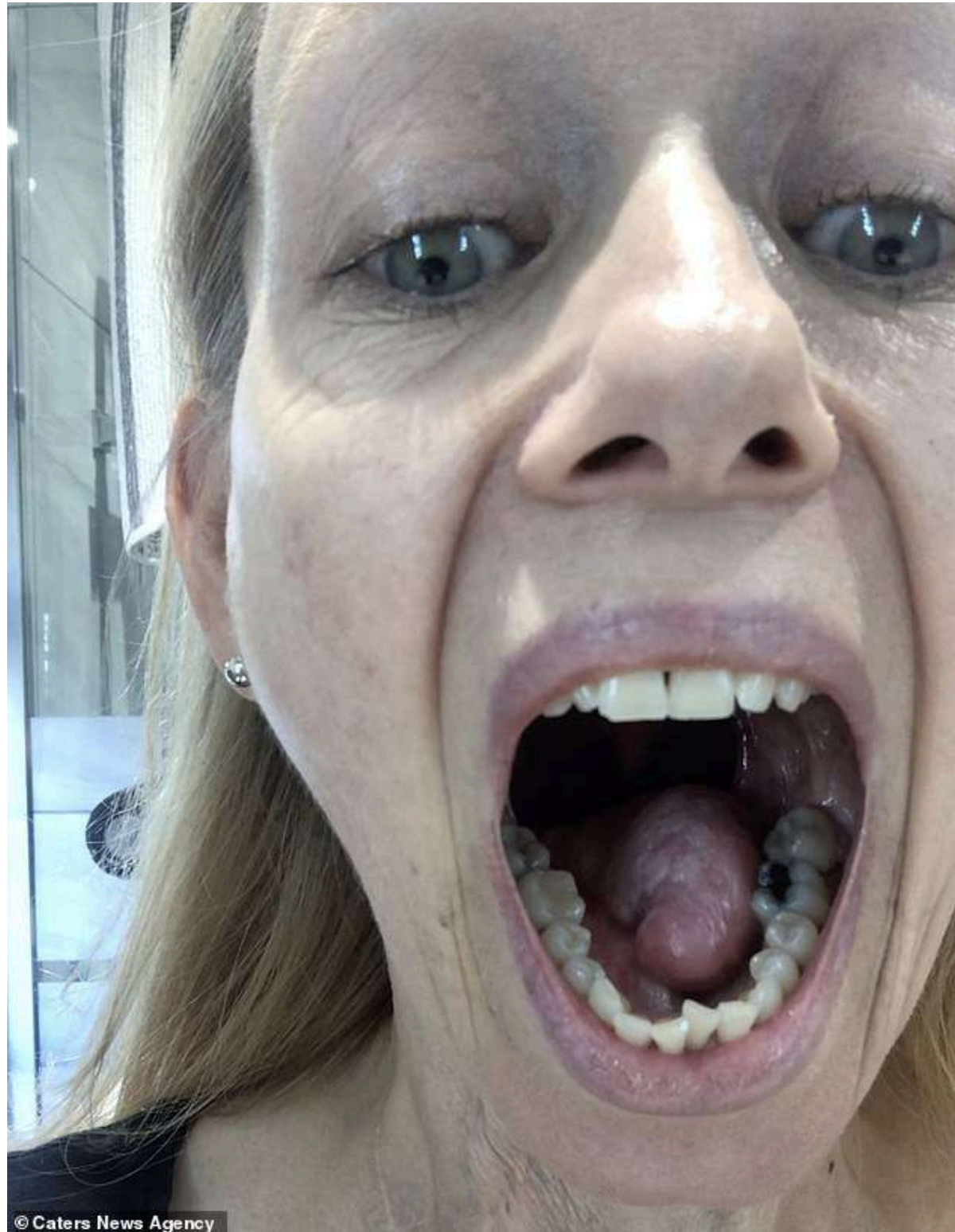
Continuously check for lumps or  
swellings in the mouth, neck, and head





# Post-Oral Cancer Surgery

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# Oral Cancer Statistics

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**65,670 Americans will be diagnosed with oral or oropharyngeal cancer this year**

**It's estimated that 15,700 people will succumb to Oral Cancer in 2025**

**Oral cancer often spreads to other parts of the body before it's diagnosed because it usually develops without obvious warning signs, making it hard to detect early.**

**Oral cancer is more common in men than women. 2:1 ratio**

**The average age of those diagnosed is 62. However there is a growing amount Oral Cancers caused by HPV 16 which tend to appear in younger adults <45.**



# Vaping & Your Dental Health

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# How to Ask for Help

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- It's okay to ask for help – talk to a trusted adult
- Resources: school counselor, teen helplines
  - [truthinitiative.org](https://truthinitiative.org)
  - [teen.smokefree.gov](https://teen.smokefree.gov)
  - Free Hotline: 1-800-LUNGUSA (1-800-586-4872)
- Talk to a trusted adult at the BGC
- Support each other – how to be a good friend





**You only get one body. Protect it.**

**Vaping isn't harmless – and you deserve to know the truth.**

**You've got big dreams – don't let vaping cloud them.**

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**Any Questions?**



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