

# Risks of E-Cigarettes and Vaping



Electronic cigarettes (e-cigarettes) and other types of 'vaping' devices are still new, and more research is needed over a longer period to know what the long-term health effects may be. The most important points to know are that the long-term effects of e-cigarettes are still unknown, and all tobacco products, including e-cigarettes, can pose health risks to the user. To learn more about e-cigarettes, their health effects and the risks of using e-cigarettes, visit the [CDC's website](#).

**Instructions:** This word scramble puzzle consists of words or phrases related to the risks associated with using e-cigarette and vaping devices. Solve each puzzle by rearranging the letters to form the word or phrase. A key has been provided below so that you can check each of your answers.

Scrambled Words	Unscrambled Words
feni prtiacles	
chmicalc rsiduee	
ldae	
nilkec	
int	
niotinec	
additionc	
cohug	
nseaau	
shrtoness fo beathr	
trhoat irratiion	
atmhsa	
canrec	
haret dseasie	
Ingu dieasse	

# Health Benefits of Quitting Smoking

Quitting smoking is one of the most important actions people can take to improve their health. This is true regardless of their age or how long they have been smoking.

Quitting smoking:

- improves health status and enhances quality of life.
- reduces the risk of premature death and can add as much as 10 years to life expectancy.
- reduces the risk for many adverse health effects, including poor reproductive health outcomes, cardiovascular diseases, chronic obstructive pulmonary disease (COPD), and cancer.
- benefits people already diagnosed with coronary heart disease or COPD.
- benefits the health of pregnant women and their fetuses and babies.
- reduces the financial burden that smoking places on people who smoke, healthcare systems, and society.

Quitting smoking is the single best way to protect family members, coworkers, friends, and others from the health risks associated with breathing secondhand smoke. If you would like support in quitting, including free quit coaching, a free quit plan, free educational materials, and referrals to local resources, call 1-800-QUIT-NOW (1-800-784-8669).

*(Center for Disease Control and Prevention, 2023)*

## Key

*1. fine particles; 2. chemical residue; 3. lead; 4. nickel; 5. tin; 6. nicotine; 7. addiction; 8. cough; 9. nausea; 10. shortness of breath; 11. throat irritation; 12. asthma; 13. cancer; 14. heart disease; and 15. lung disease*