

It's Your Body...



Know What You Are Putting Into It

1. **You only get one body, so it is your job to take care of it the best that you can.**
2. **Trying to say “NO” to things like tobacco, e-cigarettes and alcohol is often difficult**, especially when you are a teen and under lots of peer pressure to “be cool.”
3. **You need to decide what is right for you.** Make sure you get ALL of the facts before you jump to a decision.
4. **Medications, tobacco, and alcohol are all chemicals** that cause your body to react in different ways.
5. There is evidence that e-cigarettes deliver some toxic stuff of their own such as formaldehyde (a known carcinogen), nitrosamines (linked to cancer) and lead (a neurotoxin).
6. Secondhand e-cigarette vapor according to the Surgeon General has heavy metals and tiny particles that can harm the lungs. The American Lung Association cautions against allowing children to be exposed to secondhand e-cigarette aerosol.
7. **Ask your pharmacist** about the medications you take and what substances might interfere with them and put you at risk for developing serious side effects.
8. **If you are unsure about trying something new, wait awhile** and give yourself time to make the decision that is right for you. It may very well change your life.

We're here to help. To learn more about UIC-Specialized Care for Children's programs and services, check out our website at:

dsc.uic.edu or like us on  facebook.com/dsc.uic.edu