

MAKE EVERY BREATH COUNT.



JUST

BREATH

**DIACETYL IS AN INGREDIENT OFTEN USED
TO FLAVOR THE LIQUID IN E-CIGARETTES
AND ENHANCE THE TASTE.**

However, inhaling this chemical causes inflammation and may scar the smallest branches of the airways, also known as popcorn lung.

Popcorn lung leads to coughing, wheezing, chest pain, and shortness of breath.

**YOU CAN AVOID THESE SYMPTOMS AND
PROTECT YOUR BREATH BY
CHOOSING NOT TO VAPE.**

CARE FOR YOUR MENTAL HEALTH
BY CHOOSING NOT TO VAPE.



JUST
BREATHE

**YOU CAN'T CONTROL EVERYTHING WHEN
IT COMES TO YOUR MENTAL HEALTH, BUT
THERE ARE HELPFUL CHOICES YOU CAN
MAKE, LIKE AVOIDING VAPES.**

**A recent study found that over half of the teens who
vaped* experienced depression symptoms.**

**These symptoms affected their hobbies, work,
school, social life, and relationships.**

**YOUR MENTAL HEALTH MATTERS.
IT'S WORTH **PROTECTING.****