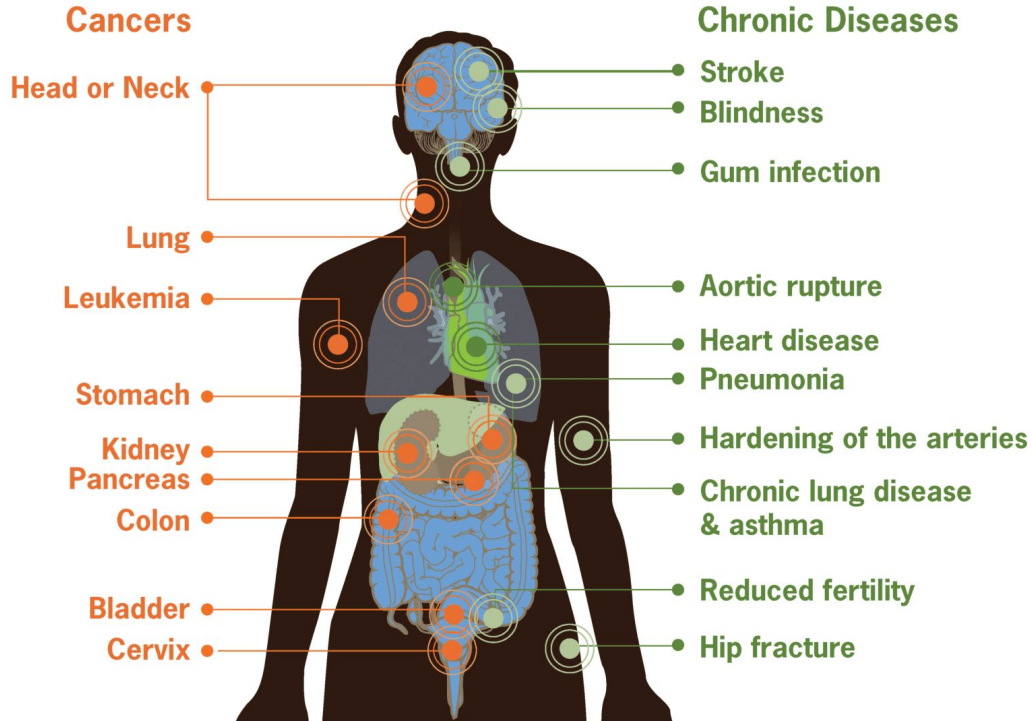


Placeholder photos for informational purposes to later add into the app for education

# Risks from Smoking

Smoking can damage every part of the body



<https://treatcancer.com/blog/effects-smoking-body/>

## MYTHS AND FACTS ABOUT

# ALCOHOL

Popular Myths and a Few Sobering Facts About  
America's Favorite Party Drug – Alcohol

### MYTH

### FACT

**Drinking Alcohol  
Destroys  
Brain Cells**



Long-term alcohol misuse, however, can lead to memory loss and other psychological impairments.

**Dark Beer Contains  
More Alcohol Than  
Lighter Beers**



Long-term alcohol misuse, however, can lead to memory loss and other psychological impairments.

**After Working Out,  
Beer is a Good  
Recovery Drink**



Consuming alcohol depletes the bloodstream of needed oxygen and the negative effects of alcohol outweigh any nutritional benefits.

**Coffee and Cold  
Showers Will Sober  
a Person Up**



It takes the liver, roughly, about an hour to process each drink. So four drinks would require four hours before the alcohol has made its way through the body. Only time will sober a person up.

**Alcohol is Less  
Addictive Than  
Other Drugs**



A study published last year in JAMA Psychiatry found a "substantial increase in alcohol use, high-risk drinking and alcohol use disorder."

**The Younger a Person  
Starts Drinking, the  
Better They Handle  
Alcohol as They Age**



The human brain is not fully developed until the age of 25. Ask any 35-year-old and they'll tell you that being 21 is basically like being 12, but with a job and, maybe, a little more money.

**Taking Acetaminophen,  
aka Tylenol, Before  
Bed Will Prevent a  
Hangover**



Acetaminophen might help with an alcohol-induced headache, but the body is still going through alcohol withdrawal, aka a hangover.

**Alcohol is Only  
Bad For the Liver**



Too much of a good thing...actually, alcohol, though good at lubricating social situations or a bit of relaxing at the end of a long day, is not good for the body.

**Alcohol Improves Sleep**



Alcohol consumption interrupts REM sleep, which is needed for restful, healthy sleep. It also increases the heart rate, the likelihood of snoring and the frequent need to go to the bathroom, all of which also interfere with refreshing slumber.

<https://www.inspiremalibu.com/blog/alcohol-addiction/beer-before-liquor-drinking-alcohol-myths/>

# Long-term health effects of drinking alcohol\*

## Whole of body

- existing health conditions made worse, such as mental illness and diabetes
- death from injury or disease

## Mouth, throat and voicebox

- cancer

## Lungs

- inflammation, usually from infections

## Breasts

- cancer (in women)

## Liver

- swelling and pain
- alcoholic liver disease, such as cirrhosis
- cancer

## Blood and immune system

- changes in red and white blood cells
- anaemia
- less ability to fight off infections

## Skin and fat

- yellowing of skin and spider veins
- potential weight gain

## Bones and muscles

- weakness
- muscle wasting

## Mental health and addiction

- mood disorders, such as depression and anxiety
- alcohol dependence

## Brain and nervous system

- brain damage
- memory loss
- disrupted sleep
- stroke (bleeding on the brain)
- nerve damage

## Heart and circulation

- cardiovascular disease
- high blood pressure

## Stomach and food pipe

- inflamed lining and bleeding
- cancer of the food pipe

## Pancreas

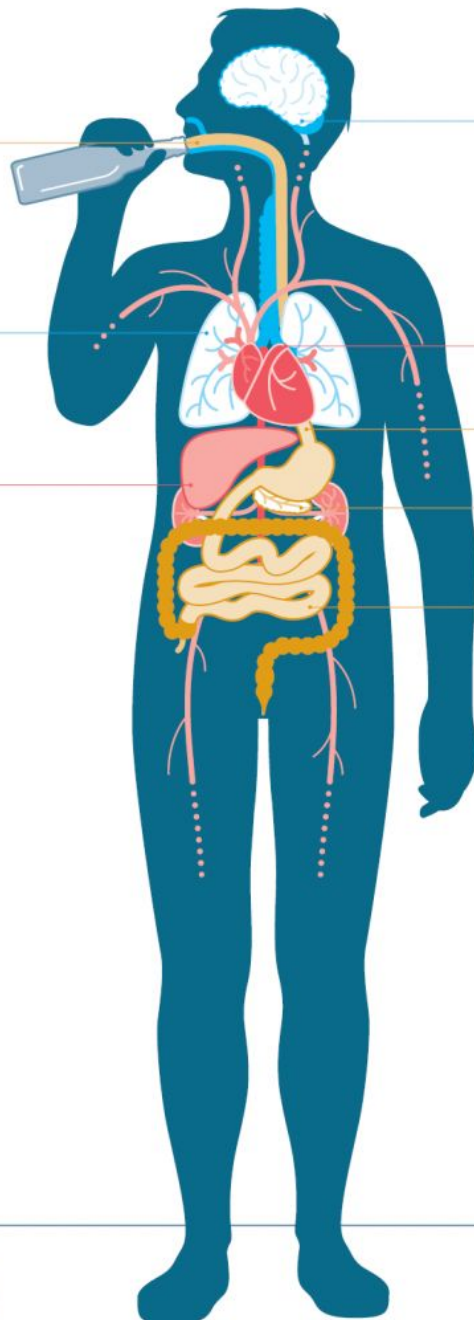
- inflammation and damage
- pancreatitis

## Intestines

- inflamed lining
- cancer

## Sex organs

- impotence and loss of sex drive
- wasting of testicles
- reduced fertility (both sexes)



For more information,  
go to [alcohol.org.nz](https://alcohol.org.nz)

\* Risk of developing these health effects varies depending on the amount and frequency of alcohol consumed and individual factors.



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<https://www.alcohol.org.nz/in-your-community/get-support/digital-toolkit-department-of-lost-night>

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Tips for talking with your kids about

# VAPING

**Know the facts.** Learn about e-cigarettes and young people before you start the conversation with your child.

- E-cigarettes are known by many different names. They are sometimes called e-cigs, e-hookahs, mods, vape pens, vapes, tank systems, and electronic nicotine delivery systems.
- Most vaping devices contain and deliver nicotine. Nicotine can harm a teenager's developing brain and lead to addiction.
- Simply talking with your teen about these products can help protect them.



**Be patient and ready to listen.**

Your goal is to have a conversation, not to deliver a lecture. So avoid criticism and encourage an open dialogue.

**There is no "perfect time" to talk.**

Driving in the car together or waiting at an appointment is often the best time. You can start by mentioning a news story, a TV show, or something that you heard about vaping. Or ask your child what he or she thinks about a situation you witness together such as seeing someone use an e-cigarette, passing a vape shop when you are out, or seeing an e-cigarette advertisement.

**There is no "perfect talk."**

Consider your talks with your child about vaping as a learning opportunity for both of you, and perhaps just the beginning of an ongoing dialogue. You may have some facts about vaping at hand, but concede that you don't know all the answers. It will go a long way to keep your kids from going on the defensive.

**Ask what your child thinks.**

Show some genuine curiosity. Ask your child, "What's your take on vaping?" or "Do you know kids who use e-cigarettes?"

**Be open and honest.**

Be truthful about what you know about the dangers of vaping, and what you don't. You can honestly say, though, "Vaping isn't harmless. I hope you can steer clear of it."



**You can't always control everything your children do when they're not with you. Talking with your kids about vaping will let them know that you're concerned about their health.**

Excerpted from Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents from E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General and other content taken from How to Talk to Your Kids about Vaping. New York Times, February 2, 2018.



**GET OUT RAGED!**

Get the facts at **GetOutRaged.org**

TC3479 06/18

<https://massclearinghouse.ehs.state.ma.us/PROG-TOB/TC3479.html>