

# THE TRUTH ABOUT E-CIGARETTES & HOOKAHS

WHAT YOU DON'T KNOW ABOUT THESE PRODUCTS

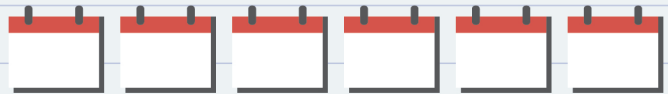


**E-CIGARETTES  
AREN'T RISK-FREE**

THEY'RE FULL OF  
TOXIC CHEMICALS  
& ADDICTIVE  
NICOTINE

**30%**

OF E-CIGARETTE USERS  
START SMOKING  
REGULAR CIGARETTES  
WITHIN 6 MONTHS



**E-CIGARETTES AREN'T CHEAP**

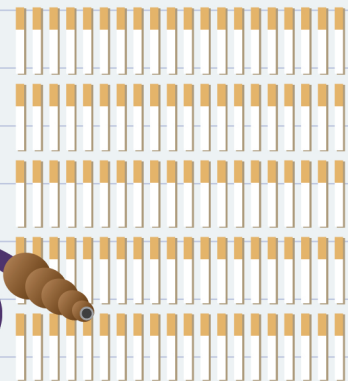
THEY'LL RUN YOU  
UP TO **\$1800/YEAR**

WOULDN'T YOU RATHER SPEND  
THAT ON AN IPAD, VIP CONCERT  
TICKETS & NEW FALL CLOTHES?

**A HOOKAH  
IS USED TO SMOKE  
FLAVORED TOBACCO  
AND HAS MANY OF THE  
SAME SERIOUS  
HEALTH RISKS  
AS CIGARETTES**



**AN HOUR-LONG  
HOOKAH SESSION  
IS THE SAME AS SMOKING  
100 CIGARETTES**



WHETHER IT'S USING HOOKAH, E-CIGARETTES OR CIGARETTES, THESE PRODUCTS CAN HARM YOU.  
VISIT [QUITLINEIOWA.ORG](http://QUITLINEIOWA.ORG) OR CALL **1-800-QUIT-NOW** FOR HELP QUITTING



QUITLINE IOWA

1.800.QUIT.NOW | 1.800.784.8669