

I DON'T VAPE

MY MEMORY MATTERS

EVERY DAY, THERE'S A LOT I HAVE TO LEARN AND REMEMBER - FROM UPCOMING ASSIGNMENTS TO TRY-OUTS RIGHT AROUND THE CORNER.

My memory needs to be on its A-game, but it can't if it's clouded with nicotine.

Research shows that a person's brain continues to develop into their mid-twenties. Also, nicotine, often found in e-cigarettes, can change the parts of the brain responsible for paying attention, learning, and memory. I don't vape because I can't risk the negative brain change.

JUST FOR FUN!

- Humans are the only mammals that eat spicy food
- There are giant pigs that weigh as much as polar bears
- It's impossible to hum while you plug your nose

Sources: Benowitz NL. Nicotine addiction. *N Engl J Med*. 2010;362(24):2295-2303. doi:10.1056/NEJMr0809890.

U.S. Surgeon General. Surgeon General's Advisory on E-cigarette Use Among Youth. e-cigarettes.surgeongeneral.gov. 2018.

