


VAPING AND E-CIGARETTES

HOW THEY AFFECT THE BODY


Vapes or e-cigarettes are devices that use batteries to heat liquid nicotine and flavoring that mimics the taste and sensation of smoking tobacco. These can contain a ton of chemicals that when inhaled go straight into your lungs and can cause lasting damage to your body.

 **EYES AND EARS**

- Thyroid Eye Disease
- Macular Degeneration
- Damaged hearing

 **NOSE AND THROAT**


- Nosebleeds from dry nasal cavities
- Sinus Infections

 **LUNGS**

- E-cigarette and Vaping use-Associated Lung Injury (EVALI)
- Shortness of breath
- Coughing and wheezing
- Worsens Chronic Obstructive Pulmonary Disease (COPD) and Asthma

 **HEART**


- Elevated heart rate and blood pressure
- Narrowed blood vessels
- Increased risk of stroke and heart disease

 **BONES**

- Decreased bone mineral density
- Increased risk of Osteoporosis

 **SKIN AND HAIR**

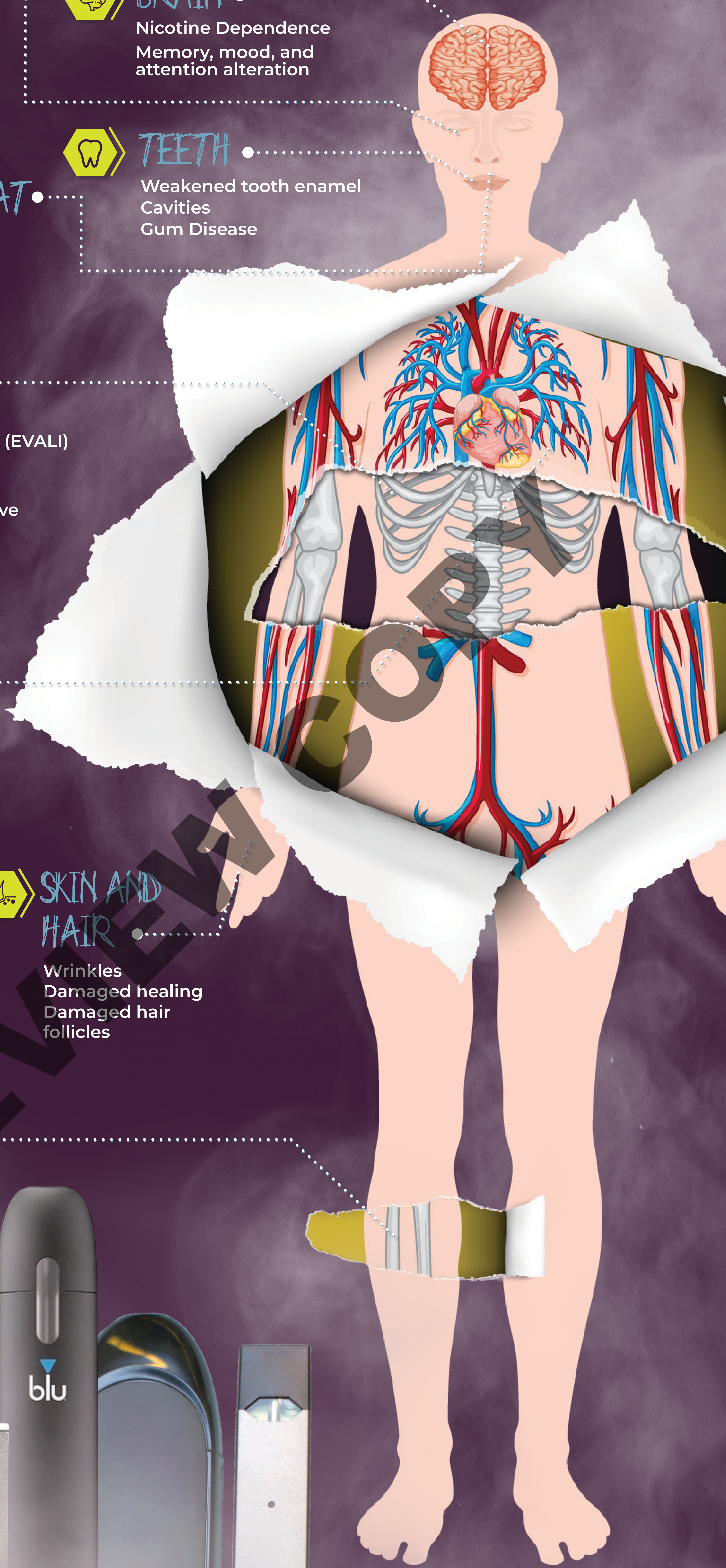
- Wrinkles
- Damaged healing
- Damaged hair follicles

 **BRAIN**

- Nicotine Dependence
- Memory, mood, and attention alteration

 **TEETH**

- Weakened tooth enamel
- Cavities
- Gum Disease



VAPING IS BAD FOR YOUR HEALTH
AND CAN CAUSE REAL DAMAGE.
BE SMART, DON'T VAPE!