



WHAT IS VAPING?

Vapes or e-cigarettes are devices that use batteries to heat liquid nicotine and flavoring that mimics the taste and sensation of smoking tobacco.

NOT AS SAFE AS YOU THINK

Companies that make vape products would have you believe that they are “safe” for use. Just because they may not be as deadly as cigarettes and tobacco products doesn’t make them safe, though. Vape products and e-cigarettes contain a ton of chemicals that when inhaled go straight into your lungs and can cause lasting damage to your body.



UNTESTED, UNPROVEN, UNKNOWN

Vaping is a relatively new technology that we simply don’t know enough about yet. There are no long-term studies on how it can impact the body, but what we do know isn’t good. In addition to containing nicotine, one of the most addictive substances known, there are chemicals that can cause damage to many parts of the body. Every time you take a puff from a vape or e-cigarette, you are essentially becoming a lab rat for the vaping industry. Why take that chance with your health? The bottom line is that gambling with your health on an unknown product is never a good idea.

DON’T VAPE? DON’T START.

Many people who vape originally started in order to help them quit smoking cigarettes. While this can be helpful for those with a cigarette addiction, if you’ve never smoked, vaping is a bad idea. The nicotine in vape products is extremely addictive and can be very difficult to quit once it’s got you hooked.

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ADDITIONAL RESOURCES

Centers for Disease Control

<https://www.cdc.gov/tobacco/>

National Institute of Health

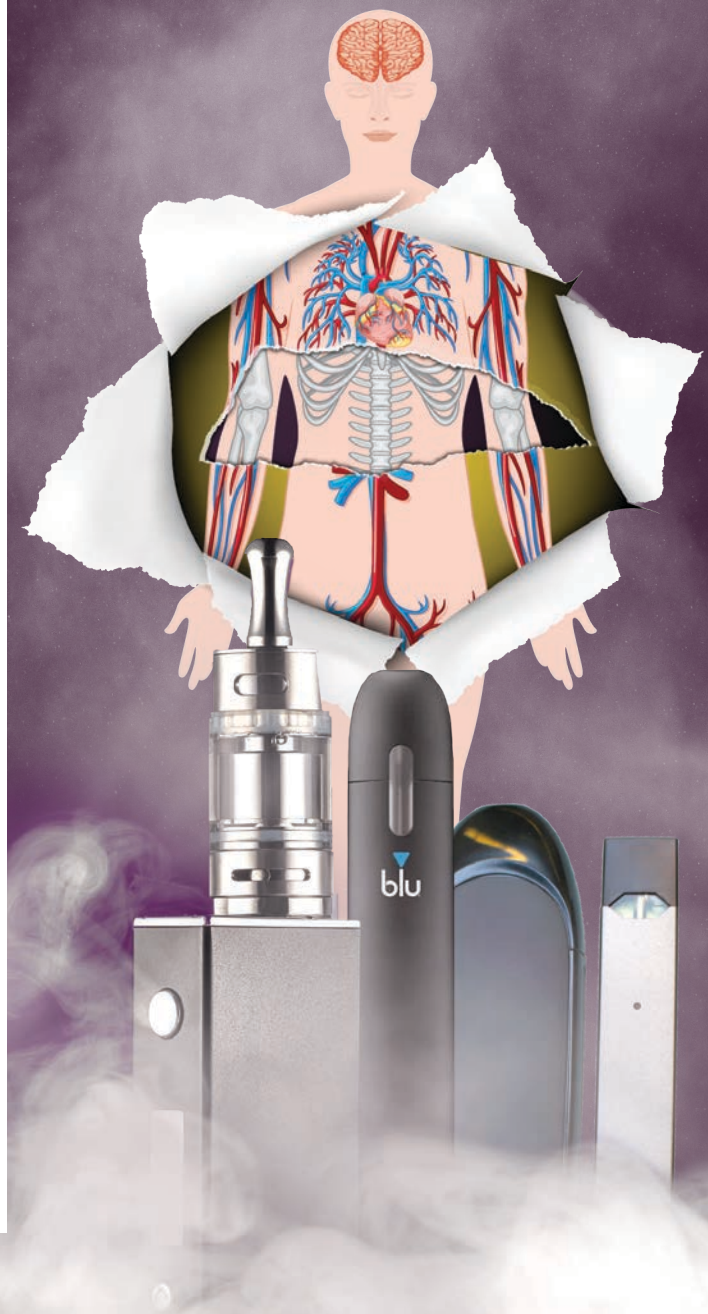
<https://smokefree.gov/>

in the know

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VAPING

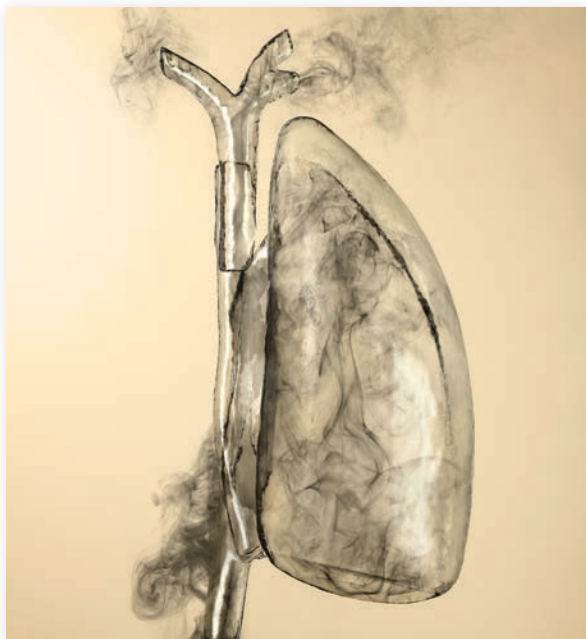
HOW IT AFFECTS THE BODY



HOW VAPING IMPACTS THE BODY

LUNGS

- Vaping can cause what's known as e-cigarette and vaping use-associated lung injury (EVALI), a dangerous and possibly deadly lung disease.
- Vaping introduces harmful chemicals and heavy metals deep into your lungs.
- Vaping can cause you to feel short of breath from coughing and wheezing.
- Vaping can make lung diseases like chronic obstructive pulmonary disease (COPD) and asthma worse.
- Some chemicals that are used in flavored vapes can cause "popcorn lung."



HEART

- Nicotine found in vapes and e-cigarettes can speed up your heart rate, raise blood pressure, and narrow blood vessels.
- Nicotine use has been shown to increase the risk of stroke and heart disease, including heart attacks.

NOSE AND THROAT

- Vaping can dry out your nasal passages, causing nosebleeds.
- Vaping may also cause, or worsen, sinus infections.

BRAIN

- Vapes and e-cigarettes contain nicotine, a powerfully addictive substance that can rewire your brain to cause nicotine dependence.
- Vaping can affect memory, mood, and attention, making learning and decision making more difficult.

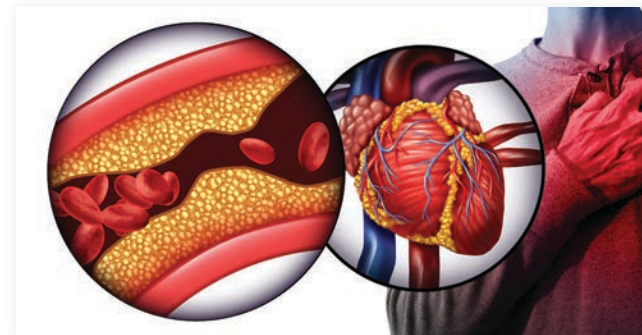


EYES AND EARS

- Some of the chemicals found in vapes are linked to conditions like thyroid eye disease and macular degeneration, both of which can cause permanent eye damage and potentially blindness.
- By limiting blood flow to the inner ear, nicotine can damage hearing.

SKIN AND HAIR

- Nicotine can prematurely age your skin and cause wrinkles.
- Vaping nicotine can make it harder for your skin to heal.
- Nicotine can damage hair follicles, causing hair to become brittle and possibly fall out.



TEETH

- Flavored vapes can weaken tooth enamel, leading to cavities.
- Vaping nicotine can possibly lead to gum disease.

BONES

- Vaping can have a toxic effect on bone cells, and long-term use may decrease bone mineral density.
- Vaping can increase the risk for osteoporosis.



OTHER INJURIES

- Liquid nicotine is very toxic and can be deadly if swallowed or even absorbed through the skin.
- There have been cases of batteries in vapes exploding while in use, causing serious injury and permanent damage.

