

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



BRAIN

Nicotine Dependence
Memory, mood, and
attention alteration



NOSE AND THROAT

Nosebleeds from dry nasal
cavities
Sinus Infections



TEETH

Weakened tooth enamel
Cavities
Gum Disease



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



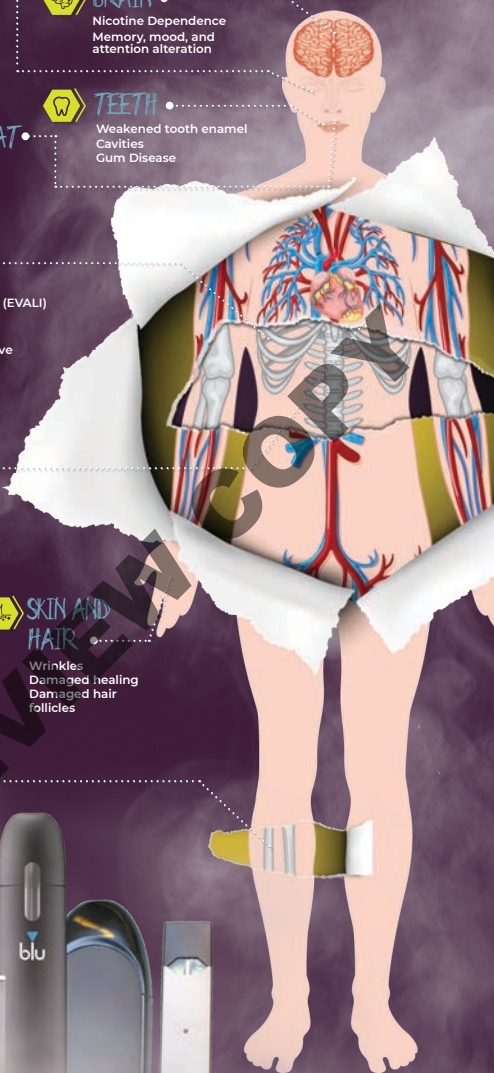
BONES

Decreased bone
mineral density
Increased risk of
Osteoporosis



SKIN AND HAIR

Wrinkles
Damaged healing
Damaged hair
follicles



VAPING IS BAD FOR YOUR HEALTH
AND CAN CAUSE REAL DAMAGE.

BE SMART, DON'T VAPE!