

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



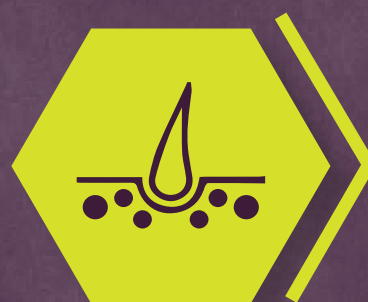
NOSE AND THROAT

- Nosebleeds from dry nasal cavities
- Sinus Infections



TEETH

- Weakened tooth enamel
- Cavities
- Gum Disease



SKIN AND HAIR

- Wrinkles
- Damaged healing
- Damaged hair follicles



LUNGS

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



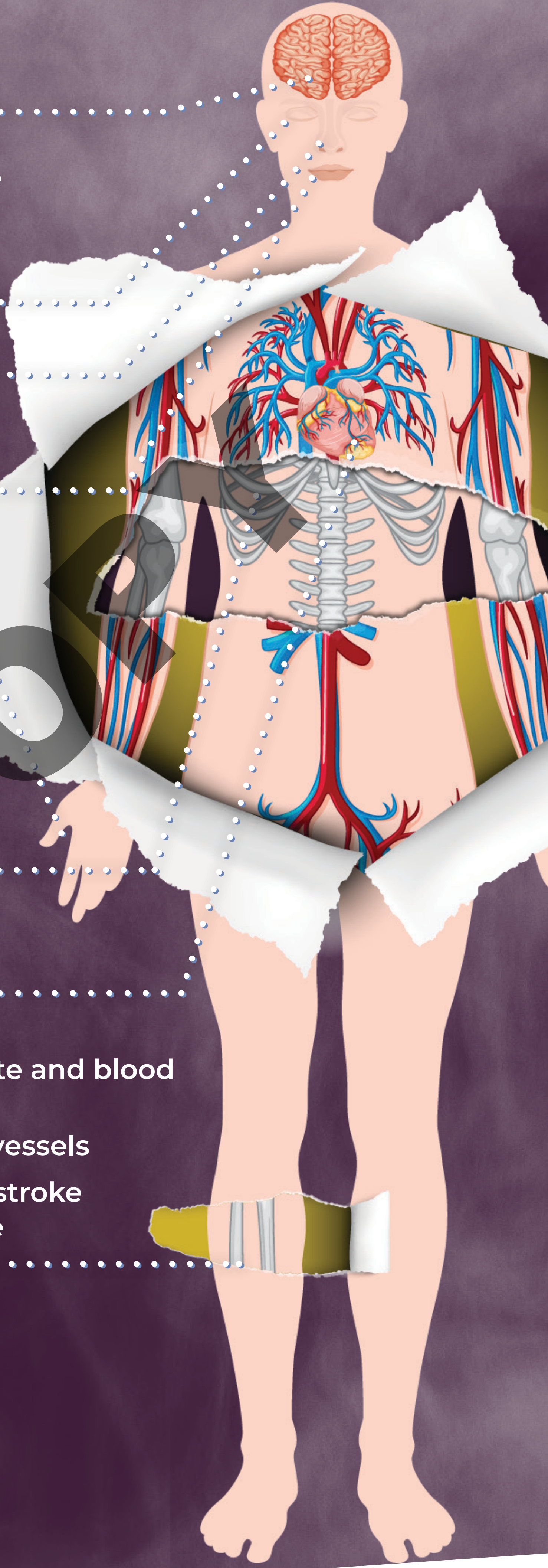
HEART

- 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



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

BE SMART, DON'T VAPE!