

# THE DANGERS OF VAPING



## TYPES OF VAPES:

Don't be fooled by the product packaging... all vapes are dangerous to your health and almost all vapes contain addictive nicotine.

## THE DANGERS:

- Youth vaping exposes a developing brain to dangerous levels of nicotine.
- Nicotine exposure permanently alters the brain and increases the chances of addiction later in life — including to other forms of tobacco.
- Vape aerosols contain almost no water. Instead, they contain cancer-causing chemicals and heavy metals such as tin, lead and nickel.
- The long-term effects of vaping are unknown. However, it's already linked to e-cigarette or vaping product use-associated lung injury (EVALI).
- Another compound found in vapes, diacetyl, causes popcorn lung. This is a thickening and narrowing of the airways that causes wheezing, coughing and shortness of breath — similar to symptoms of chronic obstructive pulmonary disease (COPD).

**“TODAY’S TEENAGER IS TOMORROW’S POTENTIAL REGULAR CUSTOMER.”**

- Philip Morris, 1981



## FLAVORS:

Flavors are used to hook first-time users and nicotine keeps them coming back. Vape companies specially formulate the flavors — and packaging — to attract youth.



## CONSEQUENCES OF VAPING:

- Anxiety
- Learning difficulties
- Nosebleeds
- Increased thirst
- Caffeine sensitivity
- Nicotine poisoning



MOOD SWINGS



IRRITABILITY



IMPULSIVITY