

VAPING

What you need to know

What is Vaping?

Vaping is the inhaling of an aerosol (mist) created by an electronic cigarette (e-cigarette) or other vaping device.

E-cigarettes (often called vape pens) are battery-operated vaping devices that heat a liquid until it becomes an aerosol (mist), which is inhaled. The aerosol is not just water vapor. It usually contains nicotine, other harmful chemicals, and flavorings. Even e-cigarettes that claim to have no nicotine have been found to contain nicotine. Some might contain marijuana, herbs, or oils.

Some e-cigarettes are disposable and designed for one-time use. When the liquid is used up or the battery dies, the user throws the device away. Others can be refilled with liquid, recharged, and used over and over. Some people buy pre-filled cartridges for the e-cigarette. Others buy a bottle of liquid and refill the e-cigarette as needed.

What are the health effects of vaping?

ADDICTION

E-cigarettes contain nicotine, a drug that's highly addictive. You don't have to vape every day to get addicted.

Nicotine makes anxiety and depression worse. It also affects memory, concentration, self-control, and attention, especially in developing brains.

ANXIETY & DEPRESSION

BECOMING A SMOKER

People who vape are more likely to start smoking regular (tobacco) cigarettes and may be more likely to develop other addictions in the future.

There is some evidence that vaping can cause sexual dysfunction in men.

IMPOTENCE

STUNT BRAIN GROWTH

Vapes are made using toxic chemicals such as Uranium (used to make nuclear bombs), which research shows could be stunting the growth of the user's brain and other organs.

Vaping can also lead to sleep problems, exposure to cancer causing chemicals, chronic bronchitis, lung damage and cardiovascular disease.

OTHER EFFECTS

Ready to Quit?

Because nicotine and its derivatives are addictive, quitting can be hard, but it is also worth it.

If you're not quite sure yet, use the QR code to learn more about why quitting is the best for you.

If you've decided that its time to quit, use the QR code to learn more about making your decision to quit successful and what to expect when you do quit.

