

What's So Bad About Vaping?



A GUIDE 4 STUDENTS

You're not a little kid.

You've already begun making decisions that will determine how the rest of your life turns out – like what you might study in college or the job you want to have. You may have already decided that when you turn 18 you'll stay in your hometown (or move far away.)

You're also responsible for making decisions about your health including the foods you choose, how much exercise you get, and habits that will make you healthier...or sick. Your health can be a big help or a major hindrance to your plans for the future!

One choice you'll have to make that will have an effect on your future is whether or not you'll vape. Some people believe that vaping is a harmless alternative to smoking cigarettes, but that's not true.

In order to make an informed decision, you need all the facts.



IS VAPING SAFE?!



THINK ABOUT THIS: Which is safe, handling a black widow spider or a rattlesnake?

Vaping is believed to be “safer” than smoking cigarettes. However, there are many health risks, including some that are very serious, caused by vaping. “Safer” does not mean “safe.” Scientists are still studying the long-term health effects and harmful doses of e-juice contents when they are heated and turned into an aerosol.



Fast facts:

E-cigarettes (also called vape pens, e-cigs, tank systems, and mods) were created as a tool to help smokers quit cigarettes. They were never intended for long-term use.



This electronic nicotine delivery system turns an e-liquid or “vape juice” into an aerosol vapor that is inhaled.

E-cigarette aerosol is NOT harmless “water vapor.”

- It can contain harmful chemicals including some that are linked to serious lung disease.
- It includes ultrafine particles that get deep into the lungs as well as heavy metals including lead.



Most vapes contain nicotine — the same addictive drug found in cigarettes — that is known to have many serious health consequences.

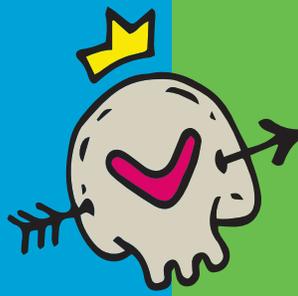
Most vape brands are owned by the same tobacco companies that make traditional cigarettes and other tobacco products.

Can you trust a company that has been knowingly selling harmful products?





Vaping & addiction:



- A recent study by the Centers for Disease Control (CDC) found that **99% of vapes contain nicotine.**
- Some vape labels do not disclose that they contain nicotine while others that are marketed as nicotine-free still contain nicotine.
- The US Surgeon General has determined that **nicotine is as addictive as heroin.**
- Not only is nicotine highly addictive, but the impact it has on your developing brain affects impulse control and **makes you more likely to become addicted to other drugs in the future.**
- Nicotine is also harmful to the parts of the brain that control mood, learning, and attention.

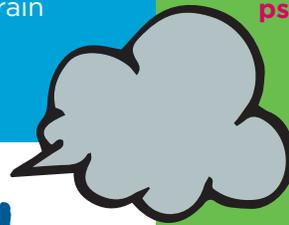
Vaping & your looks:

Vaping can make your skin look terrible!

- Vapes contain toxins including cadmium, nickel, lead and formaldehyde that damage the skin and make it **more prone to infections and breakouts.**
- Vaping makes skin dry and flaky, causing itchy patches and rashes.
- The nicotine in vapes breaks down collagen so just like smokers, **vapers often develop lines around the mouth, saggy skin and early wrinkles.**
- The toxins in vapes can **make acne, psoriasis and rosacea worse.**



Vaping & your smile:



The negative effects of nicotine on gums are well known.

It restricts blood flow and affects your mouth's natural ability to fight infection and replenish connective tissue, leading to a **higher risk of gum disease and tooth loss.**

Gum disease can contribute to other serious diseases including heart disease, diabetes, and even some cancers.

Vape juice flavorings can soften tooth enamel by 27%.

Enamel is needed to shield your teeth from cavities.

Other ingredients in vape juice irritate the gums and cause "dry mouth". You need saliva to wash away the bacteria that cause cavities and gum disease.

The vegetable glycerin and flavorings contained in **vapes cause four times as many microbes to stick to teeth and doubles the growth of biofilm** (the colonies of bacteria that cause tooth decay.)

Vaping & your health:

Vaping can cause lung injury.

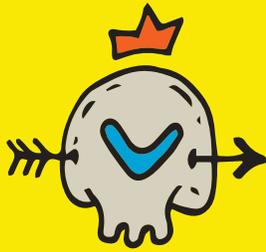
- The nicotine in vapes also **increases the risk of stroke**, which can lead to life-long disability or death.
- Nicotine affects sleep, which is essential for developing teens.
- Nicotine increases blood pressure which is **bad for the heart.**



The lithium batteries contained in a specific type of e-cig called a "mechanical mod" have been known to explode and cause extensive damage to the mouth and face.

Between 2015 and 2017 there were 2,035 ER visits due to vape explosions. They are mostly caused by misuse or improper care of the device.





Are U Addicted?

Here are some warning signs that you may be addicted to vaping or nicotine:



Feeling the need to vape as soon as you wake up or during class

Feeling anxious or irritable when you can't vape



Trouble concentrating or sleeping

Still vaping—even when you no longer want to

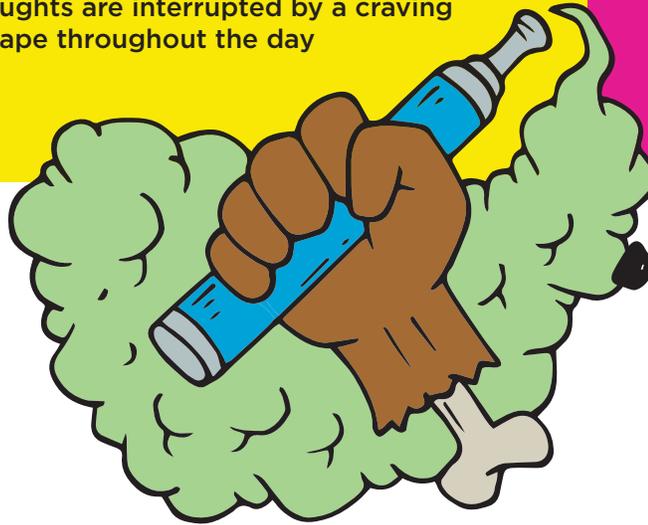


Reaching for your vape without thinking about it

Going out of your way to get e-cigarettes



Thoughts are interrupted by a craving to vape throughout the day



Get Help 2 Quit:

Talk to your doctor or dentist

Call 800-QUIT-NOW

Visit teen.smokefree.gov for free resources that work!

More Info:

e-cigarettes.surgeongeneral.gov

scholastic.com/youthvapingrisks

opensecrets.org/news/issues/e-cigarettes

cdc.gov/tobacco/basic_information/e-cigarettes

thetruth.com/article/safer-safe

catch.org/program/vaping-prevention

QUIT. VAPE.

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