

# Dangers of Vaping

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Why e-cigarettes are dangerous

# What is vaping?

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- E-cigarettes are electronic devices that heat a liquid and produce an aerosol, or mix of small particles in the air.
- E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.
- Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items. Larger devices such as tank systems, or “mods,” do not look like other tobacco products.
- E-cigarettes are known by many different names. They are sometimes called “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems (ENDS).”
- Using an e-cigarette is sometimes called “vaping.”





# How does a vape work?

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- E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine, flavorings, and other chemicals that help to make the aerosol.
- The liquid used in e-cigarettes often contains nicotine and flavorings. This liquid is sometimes called “e-juice,” “e-liquid,” “vape juice,” or “vape liquid.”
- Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air.
- E-cigarette devices can be used to deliver marijuana and other drugs.



# What is an elf bar?

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- An Elf Bar is another brand of vape or e-cigarette.
- Each bar contains the equivalent of 40- 50 cigarettes.
- They are very addictive and can cause serious health issues.

# Why is vaping dangerous?

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- Most e-cigarettes (vapes) contain nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products.
- A study found that 99% of the e-cigarettes sold in assessed venues in the United States contained nicotine.
- Some vape product labels do not disclose that they contain nicotine, and some vape liquids marketed as containing 0% nicotine have been found to contain nicotine.

# Why is vaping dangerous?

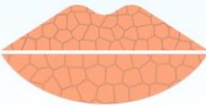








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- Nicotine can harm the developing adolescent brain. The brain keeps developing until about age 25.
- Using nicotine in childhood can harm the parts of the brain that control attention, learning, mood, and impulse control.
- Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people's brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.
- Using nicotine in childhood may also increase risk for future addiction to other drugs.



# Vaping Side Effects

## Side Effects Of Vaping Are:

<b>Dry mouth</b> 	<b>Dizziness</b> 	<b>A cough</b> 
<b>Dry skin</b> 	<b>Dry eyes</b> 	<b>Itchiness</b> 
<b>Insomnia</b> <i>(mainly a quitting side effect)</i> 	<b>Bleeding</b> 	<b>Nosebleeds</b> 

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# The Facts About Vaping

**2,711+**

lung injury cases in the U.S. associated with vaping.\*



**Nicotine** can permanently

change the developing teenage brain, creating a nicotine addiction for life.

**10 million**

youth in the United States used, or were open to using, e-cigarettes in 2018.



**60+**

deaths associated with vaping.\*



**Eighth graders who vape** are 10 times more likely to eventually smoke cigarettes than their non-vaping peers.

**135% increase**

in high school students using e-cigarettes, reported between 2017 to 2019.



**60%**

of young people think e-cigarettes are mostly flavor; the truth is that more than 98% of products tested contain nicotine.



\*As of January 2020





# Health Effects

- Vaping can cause tooth decay.



# What are other reasons vaping is dangerous?

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- Scientists are still learning about the long-term health effects of e-cigarettes.
- Some of the ingredients in e-cigarette aerosol could also be harmful to the lungs in the long-term. For example, some e-cigarette flavourings may be safe to eat but not to inhale because the gut can process more substances than the lungs.<sup>1</sup>
- Defective e-cigarette batteries have caused some fires and explosions, a few of which have resulted in serious injuries.
- Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes. Nationally, approximately 50% of calls to poison control centres for e-cigarettes are for kids 5 years of age or younger.



- E-cigarette aerosol is NOT harmless “water vapor.”
- The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances, including:
  - Nicotine

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  - Ultrafine particles that can be inhaled deep into the lungs
  - Flavourings such as diacetyl, a chemical linked to a serious lung disease
  - Volatile organic compounds
  - Cancer-causing chemicals
  - Heavy metals such as nickel, tin, and lead<sup>1</sup>
- The aerosol that users inhale and exhale from e-cigarettes can expose both themselves and bystanders to harmful substances.
- It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.

# What is the law?

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- Vaping is the same as using drugs. It contains the same drugs as a cigarette.
- You need to be 18 or over to smoke cigarettes or vapes.