

# Health Impacts of VAPING

Research does show that vaping is dangerous for your health. While e-cigarettes are too new for us to know all of the ways that vaping will impact your body in the long term, we do know that vaping is not safe.

## E-Cigarettes & Vape Pens Generations



### Cig-a Like

E-cigarettes came onto the market around 2007. Most delivered nicotine and were deposable.



### Variations

Variations on the first e-cigarettes included products like e-hookah and rechargeable versions.



### Vape Pens

These have batteries that can reach higher temperatures, have refillable e-liquid cartridges, and allow users to regulate the frequency of inhalations.



### Mods

Large size, modifiable e-cigarettes allow for more aerosol, nicotine, and other chemicals to be breathed into the lungs, at a faster rate.



### Pod-Based

These e-cigarettes are shaped like USBs and contain pods with higher amounts of nicotine than previous generations.

Tobacco Prevention Toolkit

Division of Adolescent Medicine, Stanford University

For more information go to: [www.tobaccopreventiontoolkit.stanford.edu](http://www.tobaccopreventiontoolkit.stanford.edu)

Vaping is not going away, it is progressively getting worse.

Very young kids are even using. The pictures above only show some of the vaping devices. Now there are even more!!!

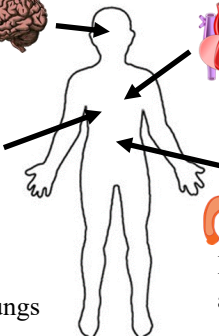
E-cigarette vapor contains lead and nicotine which can cause life-long **PROBLEMS WITH BRAIN DEVELOPMENT** for children and teenagers. The nicotine in e-cigarettes is **EXTREMELY ADDICTING** and may prime the brain for addiction to cigarettes and other substances.

Vaping **HURTS YOUR HEART AND BLOOD VESSELS** by changing your blood enzymes in the same way that cigarettes do.

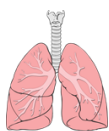
Vaping **HURTS YOUR LUNGS** by shutting down their natural defense system and leaving you more vulnerable to illnesses like bronchitis and pneumonia. Vaping also **MAKES ASTHMA SYMPTOMS WORSE**.

E-cigarettes create many of the same **CANCER-CAUSING CHEMICALS** that are in cigarettes, including formaldehyde and volatile organic compounds like benzene.

Rewires and changes the brain



Heart beats faster due to "fight or flight" response



Trouble breathing & damage to lungs



Increased acid reflux

E-cigarettes vapor contains heavy metals that cause **LUNG, LIVER AND HEART DAMAGE**.

Nicotine can make it **HARDER TO CONTROL YOUR BLOOD SUGAR LEVELS** if you have diabetes.

Vaping nicotine-free e-liquids **DOES NOT PROTECT YOU** from many of these health hazards.

**Spread the Word!!!**

**Don't let you kids Vape!!!**

Physician Advocacy Network  
a project of Twin Cities Medical Society.