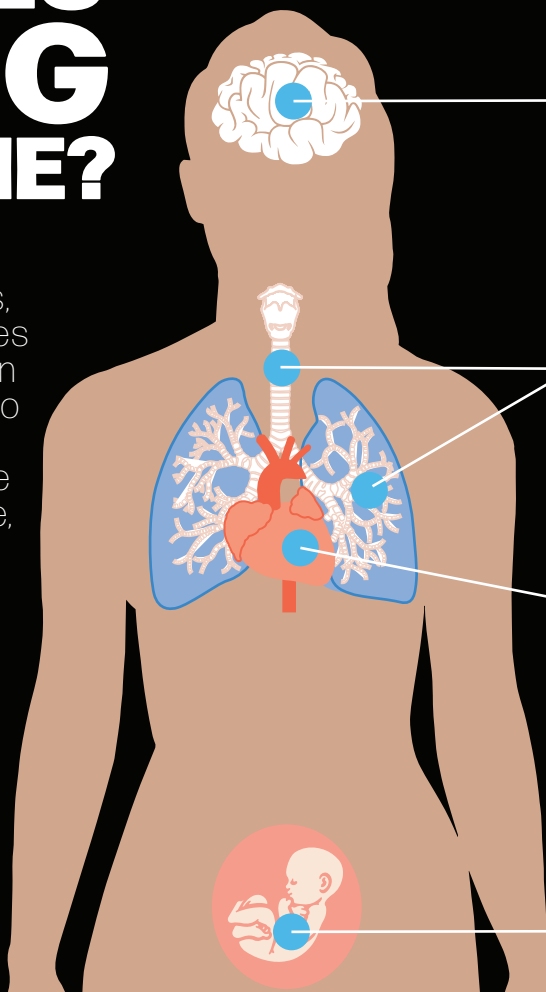


HOW DOES VAPING AFFECT ME?

Electronic cigarettes, more commonly known as vapes, are battery-powered devices that heat up a liquid solution like vape juice or e-liquid into an aerosol that is inhaled. Whether you currently vape or have never vaped before, it's important to be aware of the health effects.

With or without nicotine, vaping can expose you to harmful chemicals that affect different parts of your body.



Nicotine can affect brain development

Teens and young adults may be especially vulnerable to the health effects of nicotine due to their developing brain. Evidence from animal studies has shown that nicotine can affect brain development.

Vaping irritates the lungs and airways

Common side effects of vaping include mouth and throat irritation, and cough. People with pre-existing respiratory conditions, like asthma or COPD, may see their symptoms worsen if they vape.

Vaping can impact heart health

Vaping can impact arteries and blood vessels, which can increase heart rate and blood pressure to levels similar to those when smoking cigarettes.

Vaping during pregnancy may harm the fetus

Vaping while pregnant can expose the fetus to harmful chemicals, impacting birthweight and the development of the brain, nervous system, heart, blood vessels, lungs, airways, and kidneys.



Vaping can lead to nicotine dependence

Most vapes contain nicotine—the same addictive chemical found in cigarettes. Continued nicotine use can cause a person to develop tolerance, and experience cravings and withdrawal when they do not have access to nicotine.



Exposure to toxic and cancer-causing chemicals

The aerosol produced from e-cigarettes contains chemicals known to be toxic or cancer-causing. Some examples include formaldehyde and acetaldehyde, and metals like lead, aluminum, nickel, tin, and cadmium.



Long-term health risks are unknown

Vaping is relatively new in Canada, and devices and e-liquids have rapidly evolved. There may be long-term health risks that have not yet been identified by research.

Can vaping help me quit smoking?

If you use tobacco, medication (bupropion or varenicline), cytisine, and nicotine replacement therapy (such as nicotine patches or gum) are some of the best available options to help you quit. If you have been unable to quit tobacco using these methods, switching completely to vaping can increase your chance of staying smoke-free. Compared to continued cigarette smoking, vaping lowers the risk for health effects and level of exposure to harmful chemicals, but does not eliminate them.

**Speak to your healthcare provider before vaping as a quit aid, especially if you have a history of respiratory conditions, cardiovascular complications or if you are using other substances (such as cannabis or alcohol).*

If you do not smoke cigarettes or other commercial tobacco products, reduce your exposure to toxic chemicals and your potential for dependence by not vaping.

Learn more at intrepidlab.ca

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