

# HEALTH IMPACTS OF VAPING

Research shows 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-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.

E-cigarette 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.



[www.panmn.org](http://www.panmn.org)

For help quitting smoking or vaping, contact [www.quitplan.com](http://www.quitplan.com) or talk with your health care provider.

Download this flyer and find references at [www.panmn.org/health](http://www.panmn.org/health).