

# THE TRUTH ABOUT E-CIGARETTES & VAPES

## WHAT ARE E-CIGARETTES & VAPES?

ELECTRONIC DEVICES THAT HEAT  
A LIQUID AND PRODUCE AN AEROSOL,  
OR A MIX OF SMALL PARTICLES  
IN THE AIR

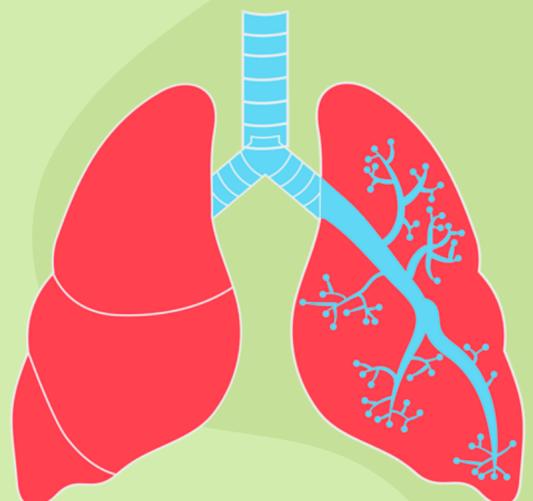


## TYPES OF E-CIGARETTES



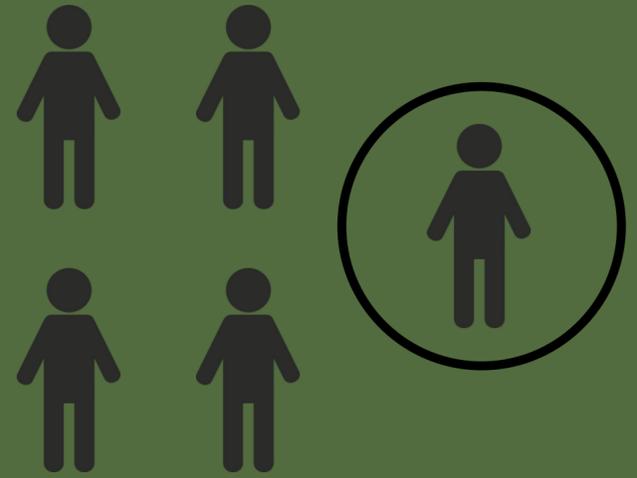
## WHAT ARE THE HEALTH EFFECTS?

LUNG DAMAGE, SUBSTANCE  
ADDICTION, MOOD DISORDERS,  
ANXIETY, AND OTHER HEALTH  
COMPLICATIONS



# VAPING BY THE NUMBERS

**1 IN 5 HIGH SCHOOL STUDENTS VAPE**



**MORE THAN 2.5 MILLION YOUTHS  
REPORTED E-CIGARETTE USE IN 2022**

**OVER 2,500 VAPING RELATED  
HOSPITALIZATION CASES  
AND OVER 65 DEATHS**



# THE TRUTH ABOUT THE DANGERS OF VAPING

1

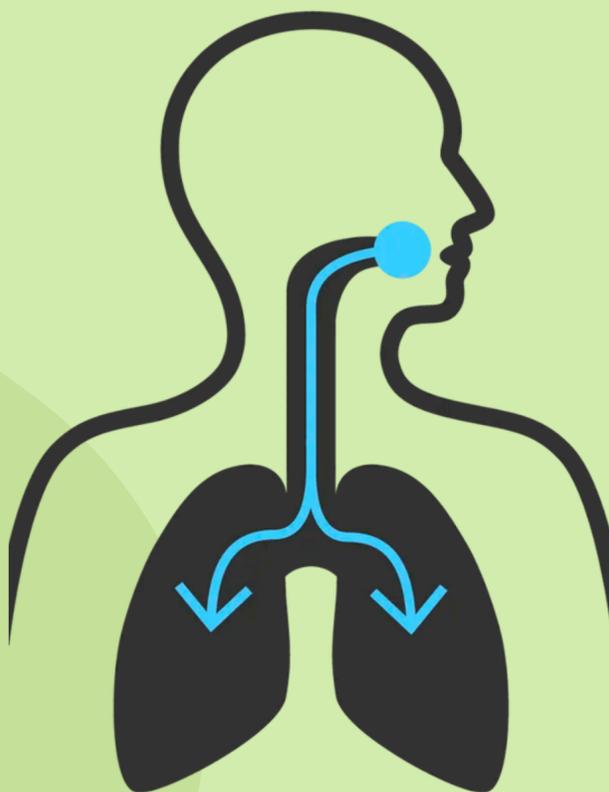
## LUNG DAMAGE

Inhalation of vapor from e-cigarettes contains harmful metals, particles, and nicotine. This can lead to swelling, inflammation, and severe lung damage.

2

## COMMON SYMPTOMS

Common symptoms include, but are not limited to cough, shortness of breath, elevated heart rate, chest pain, fever, vomiting, diarrhea, and stomach pain.



3

## ADDICTION + NICOTINE

E-cigarettes contain nicotine, which is a highly addictive chemical. Many users develop a nicotine addiction and experience severe withdrawal symptoms. Nicotine can also slow brain development and cause mood disorders.

4

## ANXIETY + MENTAL HEALTH

Vaping has been known to increase anxiety, depression, and other mental health disorders. Quitting has been known to decrease stress and anxiety, and improve mood and overall quality of life.

5

## MYTHS VS TRUTH

Vaping is NOT a safe alternative to cigarette use, and is known to cause similar effects. Vaping also does NOT decrease stress, but rather amplifies mental health problems. Vaping is considered as addictive as conventional smoking.

**“ALL THE SUFFERING, STRESS AND ADDICTION COMES FROM NOT REALIZING YOU ALREADY ARE WHAT YOU ARE LOOKING FOR.” –JON KABAT-ZINN**

## **RESOURCES:**

1.CDC. QUICK FACTS ON THE RISKS OF E-CIGARETTES FOR KIDS, TEENS, AND YOUNG ADULTS . CENTERS FOR DISEASE CONTROL AND PREVENTION. PUBLISHED NOVEMBER 10, 2022.  
[HTTPS://WWW.CDC.GOV/TOBACCO/BASIC\\_INFORMATION/E-CIGARETTES/QUICK-FACTS-ON-THE-RISKS-OF-E-CIGARETTES-FOR-KIDS-TEENS-AND-YOUNG-ADULTS.HTML](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/quick-facts-on-the-risks-of-e-cigarettes-for-kids-teens-and-young-adults.html)

2.WANG TW. E-CIGARETTE USE AMONG MIDDLE AND HIGH SCHOOL STUDENTS — UNITED STATES, 2020. MMWR MORBIDITY AND MORTALITY WEEKLY REPORT. 2020;69(37). DOI:[HTTPS://DOI.ORG/10.15585/MMWR.MM6937E1](https://doi.org/10.15585/mmwr.mm6937e1)

3.SINGLECARE. E-CIGARETTE AND VAPING STATISTICS 2020. THE CHECKUP. PUBLISHED JULY 17, 2020.  
[HTTPS://WWW.SINGLECARE.COM/BLOG/NEWS/VAPING-STATISTICS/](https://www.singlecare.com/blog/news/vaping-statistics/)

4.VAPING (E-CIGARETTES): WHAT IT IS, SIDE EFFECTS & DANGERS. CLEVELAND CLINIC. PUBLISHED AUGUST 22, 2022.  
[HTTPS://MY.CLEVELANDCLINIC.ORG/HEALTH/TREATMENTS/21162-VAPING#RISKS-BENEFITS](https://my.clevelandclinic.org/health/treatments/21162-vaping#risks-benefits)

5.5 DANGEROUS MYTHS ABOUT VAPING | ATLANTIC HEALTH. [WWW.ATLANTICHEALTH.ORG](http://WWW.ATLANTICHEALTH.ORG). PUBLISHED APRIL 29, 2023.  
[HTTPS://WWW.ATLANTICHEALTH.ORG/ABOUT-US/STAY-CONNECTED/NEWS/CONTENT-CENTRAL/2023/5-DANGEROUS-MYTHS-ABOUT-VAPING.HTML](https://www.atlantichealth.org/about-us/stay-connected/news/content-central/2023/5-dangerous-myths-about-vaping.html)

## **IMAGE SOURCES:**

1.FLAT ICON OF BRIGHT ORANGE VAPE ELECTRONIC VECTOR IMAGE ON VECTORSTOCK. VECTORSTOCK. ACCESSED NOVEMBER 6, 2023. [HTTPS://WWW.VECTORSTOCK.COM/ROYALTY-FREE-VECTOR/FLAT-ICON-OF-BRIGHT-ORANGE-VAPE-ELECTRONIC-VECTOR-23790213](https://www.vectorstock.com/royalty-free-vector/flat-icon-of-bright-orange-vape-electronic-vector-23790213)

2.ELECTRONIC CIGARETTES. PACT COALITION. ACCESSED NOVEMBER 6, 2023.  
[HTTPS://DRUGFREELASVEGAS.ORG/ELECTRONIC-CIGARETTES/](https://drugfreeLASVEGAS.org/electronic-cigarettes/)

3.LUNGS PNG TRANSPARENT IMAGES - PNG ALL. [WWW.PNGALL.COM](http://WWW.PNGALL.COM). PUBLISHED DECEMBER 22, 2016.  
[HTTPS://WWW.PNGALL.COM/LUNGS-PNG/](https://www.pngall.com/lungs-png/)

4.VAPE FREE ICONS DESIGNED BY SHMAI. FLATICON. [HTTPS://WWW.FLATICON.COM/FREE-ICON/VAPE\\_6558652](https://www.flaticon.com/free-icon/vape_6558652)

5.PREVENT VAPING | A SMOKE FREE PASO DEL NORTE. SMOKE FREE PDN. ACCESSED NOVEMBER 6, 2023.  
[HTTPS://WWW.SMOKEFREEPDN.ORG/VAPING-PREVENTION](https://www.smokefreepdn.org/vaping-prevention)

6.COLE S. THE FINAL BLOW: VAPING ADDICTION IN ADOLESCENCE. THE ORACLE. ACCESSED NOVEMBER 6, 2023.  
[HTTPS://THEORACLE.GLENBROOK225.ORG/FEATURES/2023/03/17/THE-FINAL-BLOW-VAPING-ADDICTION-IN-ADOLESCENCE/](https://theoracle.glenbrook225.org/features/2023/03/17/the-final-blow-vaping-addiction-in-adolescence/)

7.WHAT DOES MTL VAPING MEAN? VAPE SUPERSTORE. PUBLISHED JANUARY 4, 2023. ACCESSED NOVEMBER 6, 2023.  
[HTTPS://WWW.VAPESUPERSTORE.CO.UK/BLOGS/NEWS/WHAT-DOES-MTL-MEAN](https://www.vapesuperstore.co.uk/blogs/news/what-does-mtl-mean)