Physical Effects of Vaping

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As of February 2020, approximately 2,800 vaping-related illnesses and 68 deaths have been reported to the CDC.

Although the long-term effects of vaping are unknown, research continues to provide evidence of adverse health effects on the lungs and heart.





Many e-cigarette users are under the false impression that these devices are emitting water vapors. The truth is that they actually produce <u>AEROSOLS</u>.

These aerosols contain <u>ultra-fine</u> <u>particles</u> and <u>harmful chemicals</u> that are inhaled into the lungs (and out into the environment).



The aerosols produced by the e-liquid / vape juice is unfiltered as it makes its way through the user's lungs, leaving behind a trail of chemical residue.



All of those chemicals and toxins can lead to serious health issues, such as:

- Chronic Cough
- Phlegm
- Bronchitis
- Labored Breathing
- Impaired Immune Cell Function in the Lungs
- Inflammatory Diseases of the Respiratory System (Pneumonia, Lung Disease)





Additionally, many vape pen and e-cigarette users report ear, eye, and throat irritation.



Nicotine is known to have negative effects on the cardiovascular system.

Research has shown that e-cigarette usage can reduce blood oxygen levels and elevate white blood cell counts. It also suggests that vaping can lead to cardiovascular diseases.





Recent studies suggest that the use of e-cigarettes often leads to the use of other tobacco products.

This, in turn, can lead to further health issues, including cancer and heart disease.





Defective e-cigarette batteries have been known to explode and cause fires - a few of which have resulted in serious injuries.

While these devices are still very new and their long-term use is still being studied, mounting evidence shows that e-cigarette / vape use is NOT HARMLESS.

