

VAPING AN OVERVIEW



VAPING PRODUCTS

E-cigarettes, vapes, vape pens, mods (box or pod), tanks, e-hookahs

WHAT'S IN THE VAPOUR?

Flavours



E-juice

+

Nicotine

(none to very high amounts)

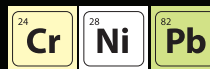


+

- Volatile Organic Compounds (VOCs)
- Carbonyls
- Tiny particles

+

Many toxic heavy metals



Chromium, Nickel, Lead

=



HEALTH EFFECTS OF NICOTINE

Alters brain development



In youth, regular use of nicotine affects memory, concentration, and mood



Increases anxiety and stress



Increases heart rate and blood pressure



Highly addictive



Adapted from BC Lung and BC Ministries of Health



FUNDS PROVIDED BY THE
WELLNESS GRANT
PROGRAM

BREATH
the lung association

VAPING IS NOT HARMLESS