

SMOKE & MIRRORS:

THE HIDDEN DANGERS OF E-CIGARETTES & VAPING

AN E-CIGARETTE IS A SMALL ELECTRONIC DEVICE THAT HEATS A LIQUID TO CREATE AN AEROSOL TO BE INHALED IN A PROCESS CALLED “VAPING.”

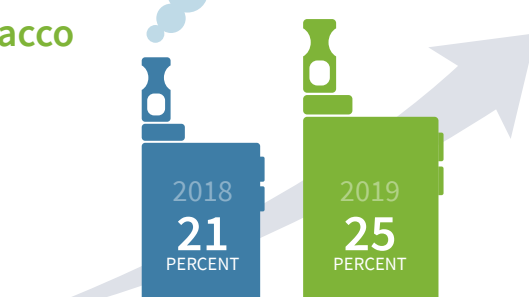
The often-flavored liquid typically includes nicotine and other addictive, dangerous chemicals.



AN E-CIG EPIDEMIC

E-cigs are the most commonly used tobacco products among teens.

- In 2018, nearly 21% of high school students used e-cigarettes
- In 2019, estimates suggest that a full quarter of high school students use e-cigarettes

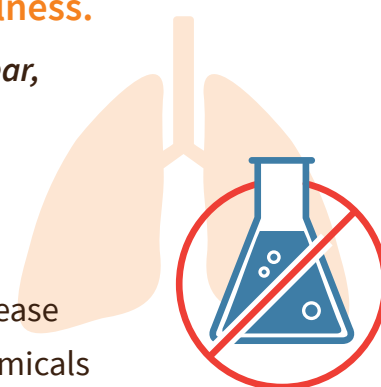


LIFE-THREATENING LUNG IMPACTS

Using e-cigs causes health risks. As of September 2019, seven people in the U.S. had died from lung disease related to vaping; this was on top of 450+ reported cases of vaping-related lung illness.

While the specific cause of these deaths and illnesses is unclear, here's what we know:

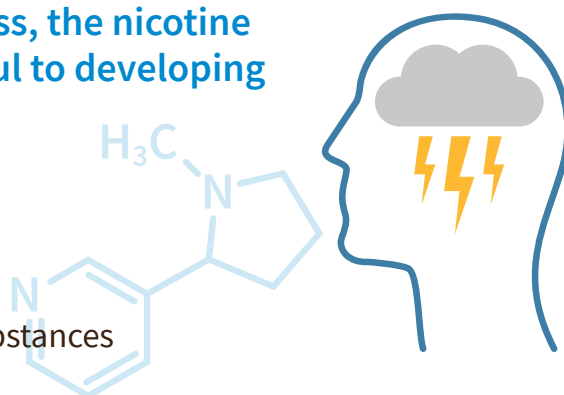
- Two primary ingredients in e-cigs — propylene glycol and vegetable glycerin — are toxic to cells
- Besides nicotine, e-cigarettes can contain unregulated, toxic chemicals that can cause lung and cardiovascular disease
- Secondhand emissions can also contain these harmful chemicals



THE DANGERS OF NICOTINE

Not only can vaping cause lung illness, the nicotine found in e-cigs is particularly harmful to developing adolescent brains. Nicotine can...

- Stunt learning and affect behavior
- Worsen depression and anxiety
- Cause irritability and impulsivity
- Increase the risk of addiction to other substances



For more information on other health topics, visit www.sarahbush.org/infographics.