

# HARMFUL EFFECTS OF VAPING



## BRAIN

- Nicotine addiction
- Headaches
- Dizziness
- Seizures
- Tremors
- Anxiety
- Restlessness
- Confusion
- Attention problem
- Learning and mood disorders

## EYES

- Irritation
- Blurry Vision

## MOUTH

- Irritation
- Can cause gum disease

## THROAT

- Sore throat

## LUNGS

- Rapid, shallow breathing
- Coughing
- Wheezing
- Permanent lung damage from diacetyl, a flavoring chemical, which scars tiny air sacs making airways thick and narrow

## HEART

- Increased risk of heart attack and stroke
- Chest pain

## STOMACH & INTESTINES

- Vomiting
- Nausea
- Abdominal pain

## IMMUNE SYSTEM

- Can harm your immune system increasing your risk of illnesses

## ARTERIES

- Increases blood pressure and risk of heart attack and stroke

