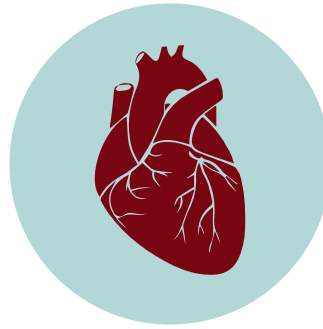


# HEALTH RISKS OF VAPING



## LUNGS

- Throat irritation, coughing and wheezing
- Inflammation of the lungs
- Worsening of chronic lung diseases like asthma and emphysema



## HEART

- Increases heart rate and blood pressure
- Damages blood vessels and affects blood flow
- May increase risk of heart disease



## BRAIN

- Increases anxiety and stress
- Highly addictive due to nicotine content
- May increase risk of stroke



## YOUTH

- Youth and young adults are especially vulnerable to nicotine addiction. Nicotine alters the developing brain.
- Nicotine alters the developing brain; regular use of nicotine can affect memory, concentration and mood.



## PREGNANT WOMEN

- Exposure to high levels of nicotine damages a baby's developing brain, heart and immune system.
- Nicotine can increase risks of low birth weights and pre-term births.

**LIVE WELL PEI**  
*together we can*



**SMOKING CESSATION PROGRAM**

[PrinceEdwardIsland.ca/QuitSmoking](http://PrinceEdwardIsland.ca/QuitSmoking)

**1-877-513-5333**