

Vaping Affects Your Health

Mental Health Concerns

- Vaping can make you more sensitive to stress
- Vaping regularly can make it harder to concentrate, remember, and make decisions
- Vaping can cause changes in your brain chemistry which can create cravings to vape more
- Vaping can worsen symptoms of depression and anxiety in the long-run

Physical Health Concerns

Eyes and Ears

Thyroid Eye Disease
Macular Degeneration
Damaged Hearing

Teeth

Weakened Tooth Enamel
Cavities
Gum Disease

Heart

Elevated heart rate and blood pressure
Narrowed blood vessels
Increased risk of stroke and heart disease

Bones

Decreased bone density
Increased risk of Osteoporosis

Brain

Nicotine Dependence
Memory, mood, and attention alteration

Nose and Throat

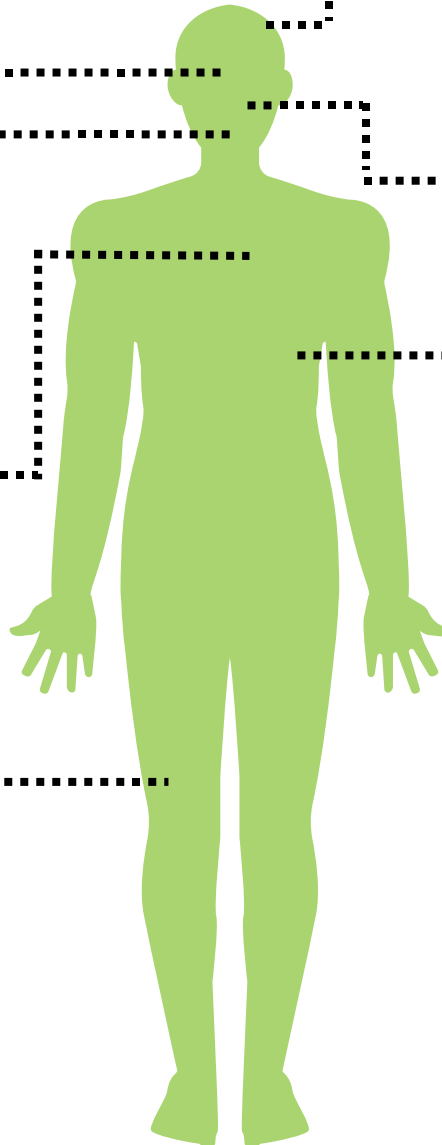
Nosebleeds
Sinus Infections

Lungs

E-cigarette and Vaping Use-Associated Lung Injury (EVALI)
Shortness of breath
Coughing and wheezing
Worsens Chronic Obstructive Pulmonary Disease (COPD) and Asthma

Skin and Hair

Wrinkles
Damaged hair follicles



*Information from the American Lung Association