

THINK VAPING IS SAFE? THINK AGAIN.

Vaping is inhaling the vapor created by an e-cigarette or other device. It's been said to be safer than smoking. But we really don't yet know how it affects your health.

▶ What Are E-Cigarettes?

E-cigarettes are battery-powered, handheld devices that mimic the experience of smoking a cigarette. There are many different kinds. They may look like pens, flash drives, or pipes. E-cigarettes may also be called e-cigs, vapes, e-hookahs, vape pens or electronic nicotine delivery systems.

▶ How Do E-Cigarettes Work?

E-cigarettes work by heating a liquid into a vapor, which the person inhales. This liquid contains nicotine plus any number of harmful and potentially harmful flavors, chemicals, heavy metals and fine particles. These substances are then taken into the lungs and exhaled into the environment.

▶ Is Vaping Safer Than Smoking?

E-cigarettes have been touted as a safer alternative to smoking tobacco. But they are far from safe. Further, there hasn't been enough time to fully understand how they might affect health. E-cigarettes arrived in the U.S. only about 10 years ago.



E-Cigarette Use Rises

Of the nearly 1 in 20 U.S. adults who use e-cigarettes **1 in 3** vape daily



Half of those are **younger than 35**

With more than **1 in 5** high school students vaping, school systems have called vaping an **epidemic**.



The Centers for Disease Control and Prevention says e-cigarettes are not safe for youth, young adults, pregnant women, or adults who do not currently use tobacco.

▶ What Are the Health Effects of Vaping?

It's too soon to tell whether vaping has long-term effects. There also are many unknowns—especially considering the wide range of devices and ingredients used. But if you use e-cigarettes, you should know that vaping has been linked to serious lung damage, illness, and even some deaths.

Health researchers are gathering data to better understand what vaping does to the body and if certain people are more likely to develop problems.

E-cigarettes also:



Typically contain nicotine and other substances that are highly addictive.



Can be modified with substances off the street. These modifications have been linked to a higher rate of lung injury.



May make it more likely that someone will use other tobacco products, including cigarettes.



May cause cancer and increase heart and blood vessel problems. Research has linked e-cigarette use to a higher risk of heart attack, heart disease and depression.



Can harm developing babies if used by pregnant women.

▶ What Are Warning Signs?

If you vape or someone you know vapes and has the following symptoms, be sure to seek medical help:

- **Coughing, shortness of breath or chest pain**
- **Nausea, vomiting or diarrhea**
- **Fatigue**
- **Fever**
- **Tummy pain**

Some of the recently reported lung injuries have been described as chemical burns. Investigations are ongoing, but illnesses or deaths have now been reported in more than 30 states.

If you need help to stop smoking or vaping, talk to your health care professional.
To learn more, go to [CardioSmart.org/StopSmoking](https://www.heart.org/stop-smoking)