

The Impact of Vaping on Your Health



Vaping products and e-cigarettes are not safe – most contain nicotine, which is highly addictive and can have negative effects on your health.

Effects on Mental Health

- Vaping products can worsen depression and anxiety in youth and young adults.
- The brain continues to develop until around age 25, and nicotine can impact brain development – like areas that control attention, mood, learning and impulse control.

Effects on Physical Health

- Vaping products can contain heavy metals and cancer-causing chemicals.
- Some flavorings are linked to lung disease.
- Vaping products can be toxic to unborn babies.

Effects of Nicotine

When the brain gets used to nicotine, it can make you feel like you need it to feel normal. This is called nicotine addiction. Signs of addiction can include craving nicotine, being unable to stop using or needing to use more to get the same effects.

After a period of not using nicotine, withdrawal symptoms begin. These include feeling anxious, restless, sad, having trouble sleeping, difficulty concentrating, hunger or nicotine cravings. These symptoms fade over time, but the cycle repeats if a person uses nicotine again.



Sources:

<https://www.cdc.gov/tobacco/e-cigarettes/health-effects.html>

<https://www.cdc.gov/mental-health/living-with/index.html>

<https://www.cdc.gov/howrightnow/emotion/stress/index.html>

https://www.heart.org/en/-/media/Files/About-Us/Policy-Research/Fact-Sheets/Tobacco-and-Clean-Air/Tobacco-Fact-Sheet-Mental-Health.pdf?sc_lang=en

Healthy Ways to Manage Stress:

- Avoid vaping, smoking or using drugs or alcohol.
- Exercise.
- Eat a nutritious diet.
- Get enough sleep.
- Write down things you're grateful for.
- Connect with family and friends
- Do hobbies you enjoy.
- Limit social media.

Those who quit actually report a decrease in anxiety, depression and stress levels, as well as improved mood and improved quality of life.

You Can Quit. Here's Help:

- www.smokefree.gov
- Ohio Tobacco Quit Line (1-800-QUIT-NOW)
- <https://www.lung.org/quit-smoking>
- <https://truthinitiative.org/exprogram>

This material is for informational purposes only. It is not intended to replace the advice or clinical judgement of your physician or health care provider. You should consult with and rely only on the advice of your physician or healthcare provider when deciding to follow any particular recommendation.