



PHYSICAL EFFECTS OF VAPING

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As of February 2020, approximately 2,800 vaping-related illnesses and 68 deaths have been reported to the CDC.

Although the long-term effects of vaping are unknown, research continues to provide evidence of adverse health effects on the lungs and heart.



Many e-cigarette users are under the false impression that these devices are emitting water vapors. The truth is that they actually produce

AEROSOLS.

These aerosols contain ultra-fine particles and harmful chemicals that are inhaled into the lungs (and out into the environment).

The aerosols produced by the e-liquid / vape juice is unfiltered as it makes its way through the user's lungs, leaving behind a trail of chemical residue.



All of those chemicals and toxins can lead to serious health issues, such as:

- Chronic Cough
- Phlegm
- Bronchitis
- Labored Breathing
- Impaired Immune Cell Function in the Lungs
- Inflammatory Diseases of the Respiratory System (Pneumonia, Lung Disease)

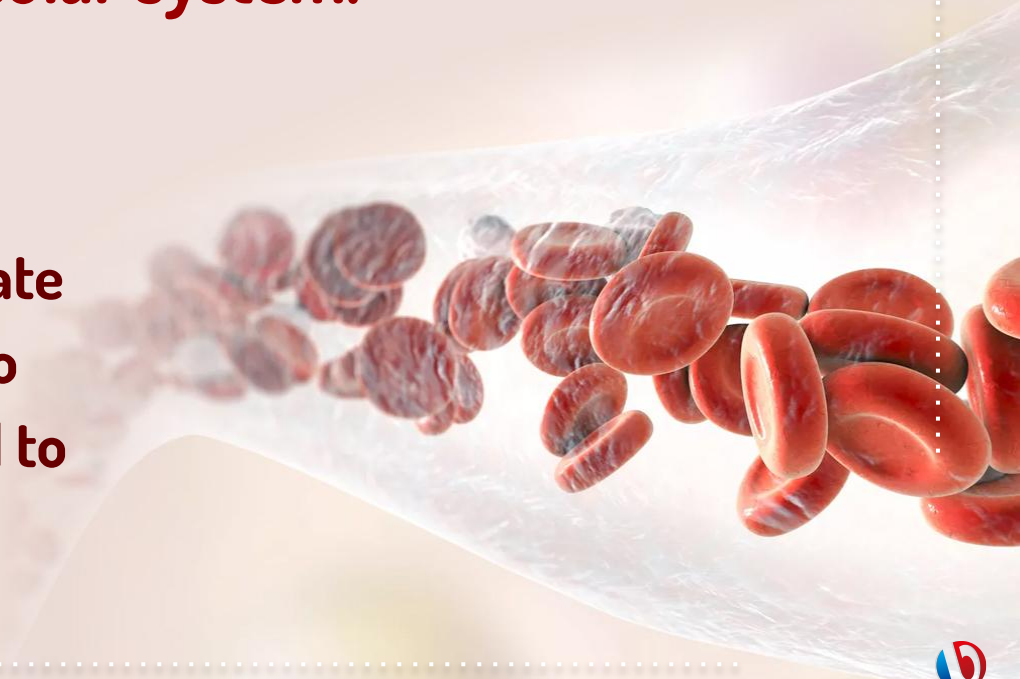




**Additionally, many
vape pen and
e-cigarette users
report ear, eye and
throat irritation.**

Nicotine is known to have negative effects on the cardiovascular system.

Research has shown that e-cigarette usage can reduce blood oxygen levels and elevate white blood cell counts. It also suggests that vaping can lead to cardiovascular diseases.



Recent studies suggest that the use of e-cigarettes often leads to the use of other tobacco products. This, in turn, can lead to further health issues including cancer and heart disease.





Defective e-cigarette batteries have been known to explode and cause fires – a few of which have resulted in serious injuries.

While these devices are still very new and their long-term use is still being studied, mounting evidence shows that e-cigarette / vape use is NOT HARMLESS.