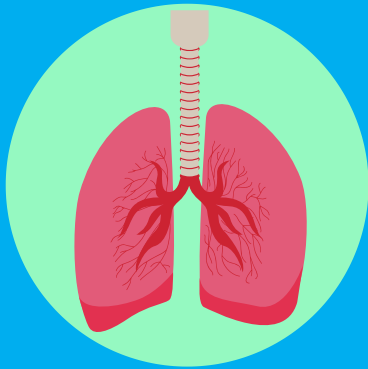
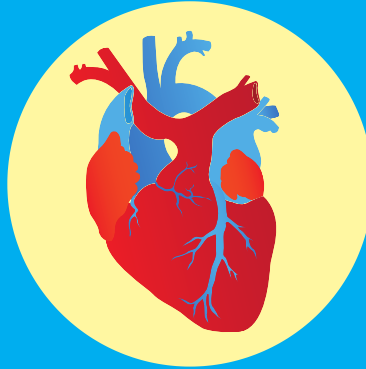


HEALTH RISKS OF VAPING



LUNGS

- Vaping can irritate throat and cause coughing
- Vaping products contain chemicals that can build up in lungs
- Vaping can lead to chronic lung diseases like asthma and emphysema



HEART

- Vaping can damage blood vessels and affect blood flow
- Vaping increases heart rate and blood pressure, and can increase risk of heart disease



BRAIN

- Vaping products contain nicotine, which creates an addiction by changing brain chemistry
- Vaping may increase risk of stroke



YOUNG PEOPLE

- Youth and young adults are more vulnerable to nicotine addiction
- Nicotine can harm memory, concentration and brain development in young people



PREGNANT WOMEN

- Pregnant women are themselves vulnerable to health risks of vaping
- Nicotine can increase risk of stillbirths and preterm births
- Vaping may damage fetal brain and heart development

WORRIED ABOUT YOUR VAPE USE?

We're here to help.

QuitNow is a FREE program available to all British Columbians to help you quit tobacco and vaping products in your own way.



PHONE

Call 1-877-455-2233 to get personalized support from a Quit Coach who can help you on your journey.



WEB

Visit www.quitnow.ca to learn more, make a quit plan, live chat with a Quit Coach, and get support from our online community.