Health Risks of Vaping

We are still learning about the long-term effects of vaping, but research already shows that vaping is linked to a number of health risks.

LUNGS

- Irritated throat, coughing, and wheezing
- Shortness of breath and difficulty breathing
- Increased risk of lung cancer and chronic lung diseases including asthma and chronic obstructive pulmonary disease (COPD)
- Increased risk of e-cigarette or vaping use-associated lung injury (EVALI)

HEART

- Increased heart rate and blood pressure
- Blood vessel damage
- Increased risk of heart disease, heart attack, and stroke

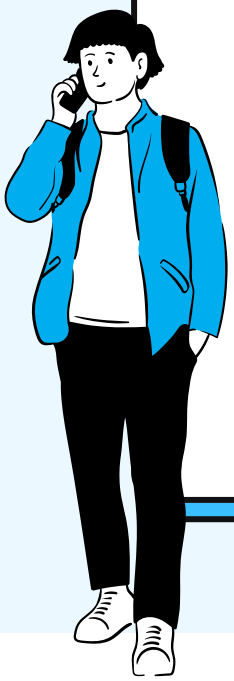
BRAIN

- Nicotine addiction
- Headaches, migraines, and dizziness
- Negative mental health effect including increased anxiety, depression, stress levels, and suicidal outcomes

GENERAL HEALTH RISKS

- Skin issues
- Burns and injuries
- Poor sleep
- Dry mouth and increased risk of oral cancer
- Lower sperm count

YOUNG PEOPLE



Nicotine can disrupt brain development, which continues until age 25. That's why young people are more prone to nicotine addiction.

- Increased risk of mood disorders, use of other substances, and cigarette smoking later in life
- Affects attention, learning, impulse control, and memory

PREGNANT PEOPLE

Nicotine exposure during pregnancy harms both the birthing parent and the baby.

- Affects a baby's brain and lung development
- Increased risk of preterm births and other birth complications
- Increased risk of a baby being born small-for-gestational-age (smaller than most babies their age) and low birthweight (less than 5 pounds at birth), which can impact their health later in life

Worried about your vape use?

SCAN ME

WE'RE HERE TO HELP

QuitNow is a free program available to all British Columbians to help you quit or reduce smoking, vaping, or other tobacco products. We provide tailored support to meet you where you are on your journey.

Make a customized Quit Plan, chat live with or call a Quit Coach, and get support from our community.

www.quitnow.ca 1-877-455-2233

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