

HEALTH EFFECTS OF VAPING

A great misconception

about electronic cigarettes is that they are less harmful because they do not use combustion.

Nothing could be further from the truth. The fact is that there are no studies that show that electronic cigarettes are safe and there is plenty of evidence that show the harmful effects of vaping.

In 2009, the Food and Drug Administration (FDA) conducted tests on some popular branded e-cigarettes. They found high levels of carcinogens (known cancer-causing chemicals) in these products levels and issued a warning against their use. Tragically, not enough regulation followed and in August 2019 several cases of severe lung disease in those using e-cigarette or vaping devices were reported. Some of these young patients needed emergency lung transplantation while a few died.

Users of e-cigarette and vape pens are exposed to many different fillers including nicotine, cannabinoids and other carcinogenic chemicals. One major concern with this industry is the lack of regulations on the sourcing of these products as well whom marketing companies can target (youth).



MYTH

- 1) Vaping is less harmful than smoking cigarettes
- 2) Vaping is not addictive
- 3) Vaping will not affect your brain function later in life
- 4) Vaping is safe if you do not add any CBD or THC products into the device

FACTS

- 1) Vaping is harmful even when there is little or no added product and has killed its users
- 2) Vaping can increase your chances of heart attack and stroke
- 3) Vaping contains chemical known to cause cancer
- 4) Vape pens and e-cigarettes are just as addictive as traditional cigarettes

TIPS TO MANAGE AND QUIT VAPING

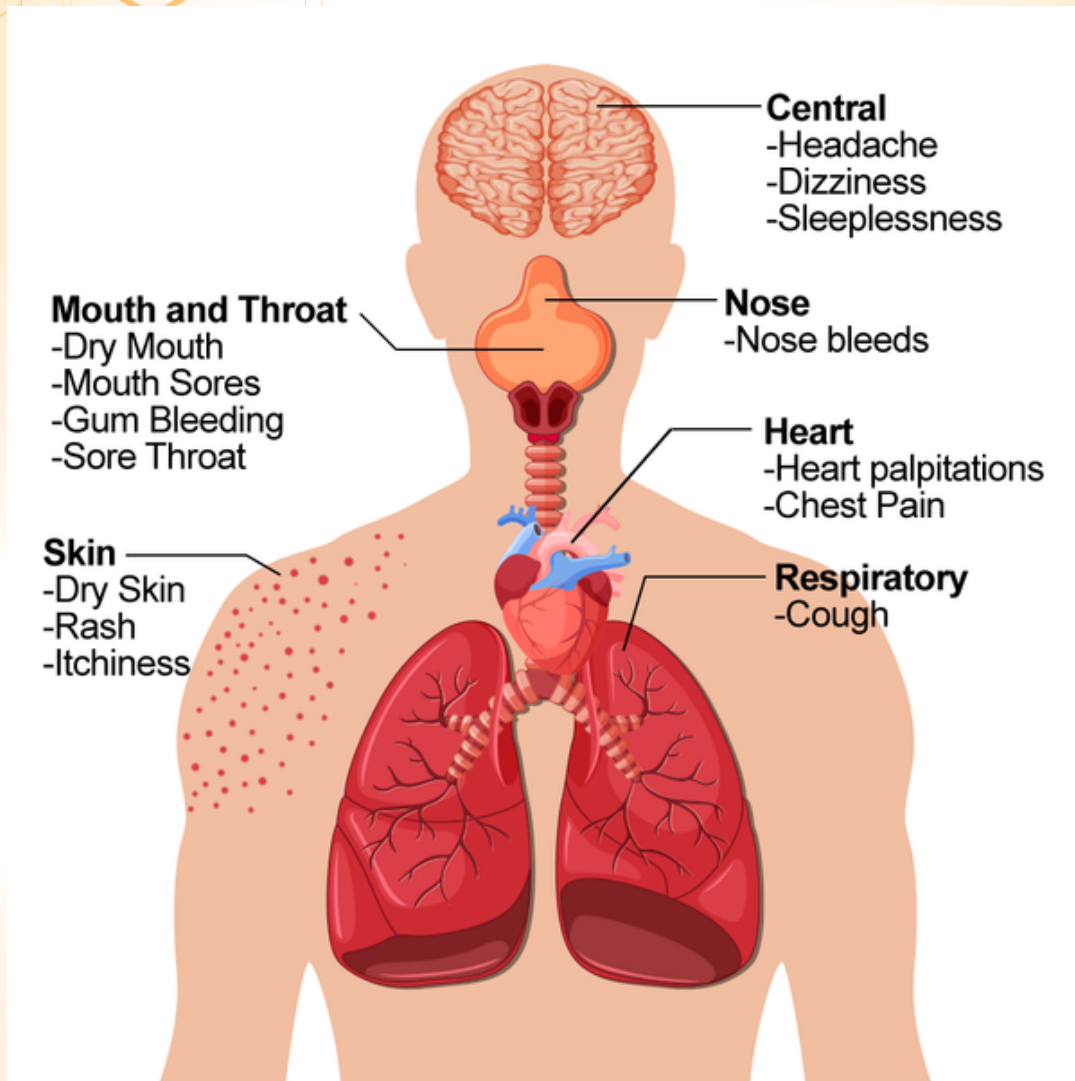
to manage and quit vaping:

- 1) Seek professional support: a counsellor, a family physician, or a smoking cessation clinic (see below resources)
- 2) Keep a journal to track what emotions come up for you before you want to smoke or vape
- 3) Try to change your routine (engage in an alternative activity when you would usually smoke or vape)

jaffari.org/jhwc
health@jaffari.org

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CONTINUED ...



Want help?

- Any York Region resident is eligible for free nicotine replacement therapy including counselling services. For more information, contact Vaughan Community Health Centre, 9401 Jane St 905-303-84900 www.vaughanchc.com OR Health for All Family Health Team 379 Church at Markham 905-472-2200 www.healthforallfht.ca
- Smokers Helpline 1-877-513-5333 or visit smokershelpline.ca
- York Region Access York 1-877-464-9675 TTY (for those with hearing disabilities 1-866-512-6228)

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