

# THE DANGERS OF VAPE

- 1. Causes irreversible brain damage:** The part of the brain that's responsible for decision making and impulse control is not yet fully developed until age 25. Teens and young adults are at risk for long-lasting effects including nicotine addiction, mood disorders, and permanent lowering of impulse control.
- 2. Causes attention and learning problems:** Nicotine also changes the way synapses are formed, which can harm the parts of the brain that control attention and learning.
- 3. Nicotine in vape is highly addictive:** Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people's brains build synapses faster than adult brains. Because addiction is a form of learning, adolescents can get addicted more easily than adults.
- 4. Gateway to smoking:** Kids who vape are 4x more likely to start smoking which can lead to a lifetime of nicotine addiction.
- 5. Toxic chemicals & metals:** E-cigarette aerosol isn't harmless water vapor – it can contain toxic chemicals and metals.
- 6. Weakens immune system:** Vaping weakens the immune system, increasing susceptibility to all kinds of illnesses and infections.
- 7. Nicotine overload:** Teens may not realize the level of nicotine they are inhaling. For example, 1 JUUL pod = 20 cigarettes worth of nicotine.
- 8. Blood vessel damage:** Vape that contains nicotine can increase blood pressure and heart rate and cause arteries to stiffen up. That means a higher risk for a cardiovascular event (think heart attack).

## SOURCES

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