**Vaping: An Overview**

**Vaping Products**
- E-cigarettes, vapes, vape pens, mods (box or pod), tanks, e-hookahs

**Parts of a Vaping Device**
- **Mouthpiece**
- **Tank/Cartridge**
- **Battery**
- **Atomizer**

**What's in the Vapour?**
- Flavours
- Nicotine (none to very high amounts)
- Volatile Organic Compounds (VOCs)
  - Carbonyls
  - Tiny particles
- Many toxic heavy metals: Chromium, Nickel, Lead

**Potential Health Effects of Nicotine**
- Alters brain development
- In youth, regular use of nicotine affects memory, concentration, and mood
- Increases anxiety and stress
- Increases heart rate and blood pressure
- Highly addictive

VAPING IS NOT HARMLESS

BRITISH COLUMBIA LUNG ASSOCIATION
fraserhealth
Vancouver Coastal Health