**Dangers of E-Cigarettes/ Vaping**

**What is an E-Cigarette?**
E-Cigarettes are designed to mimic cigarette or cigar smoking using vapor instead of smoke. Most common E-Cigarettes sold contain **Nicotine**. They employ a heating factor that vaporizes liquid letting the user to inhale it.

**Vape: a toxic or harmful oily liquid**

**FACT 1**
Nicotine can harm teenage brain growth, which continues into the early to mid-20s.

**FACT 2**
Almost all of high school cigarette smokers (70%) also use vaping products.

**FACT 3**
Vaping can expose your lungs to these harmful metals:
- nickel
- lead
- tin

**FACT 4**
Using Nicotine as a teen can harm the parts of the brain that:
- Control attention
- Learning
- Mood
- Impulse Control

**FACT 5**
In the U.S. there have been 2,807 hospitalized cases of major lung issues linked with vaping products. Resulting in 68 deaths as of Feb 2020.

**What is Nicotine Removal?**
Nicotine removal is the physical symptoms you feel when nicotine leaves your body. Most people notice that the need for nicotine will fade or be gone after about 2 to 4 weeks.

**Symptoms of Nicotine Removal:**
- Headaches
- Anger
- Need for nicotine
- Increased sweating
- Feeling sad, down, or worried
- Having trouble sleeping
- Having trouble thinking clearly

**What You Can Do?**
- Make a Plan To Quit:
  - Set a quit date
  - Decide how you want to quit
  - Build your team; someone to help
  - Prepare yourself for after

- Get Support:
  A support group or a buddy can help you with the struggles of stopping.

Learn more at:

Nicotine addiction is preventable, avoid falling into peer pressure.

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