13 REASONS WHY NOT TO VAPE

POPCORN LUNG

Some vape juices contain diacetyl, which causes the small airways in your lungs to swell and scar.

NICOTINE

It is highly addictive and causes damage to young developing brains under 25 years old.

DAMAGE

Long term nicotine use can cause increase anxiety, mood swings, and impulsive behavior.

CHEMICALS

E-cigs produce a dangerous chemicals when used that cause lung and heart disease.

UNSAFE DOSES

One pod of vape juice contains as much nicotine as a pack of cigarettes.

FLAVORING

The fruity flavor juices contain acrylonitrile, a carcinogen associated with lung and prostate cancer.

IRRITANT

The vapors from e-cigs can irritate the throat, lungs and eyes. It also weakens the immune system.

METALS

Vape smoke, or aerosol, contains particles of nickel, lead, aluminum, and tin.

ADDICTION

Once you start, addiction to nicotine makes it hard to quit vaping, and withdrawal symptoms occur an hour from the last hit.

SYMPTOMS

Withdrawal symptoms include: nausea, headache, restlessness, and constipation.

GATEWAY

30.7% of teens who begin vaping begin smoking cigarettes within 6 months.

ALL THE SAME

There is no difference between vapes, pens, and e-cigs; they're all dangerous and have serious health risks.

ILLEGAL

In the state of Illinois, it is illegal to purchase electronic cigarettes if under 21 years old.

If you know someone who wants to quit, call 1-800-LUNGUSA or visit lung.org for more information.