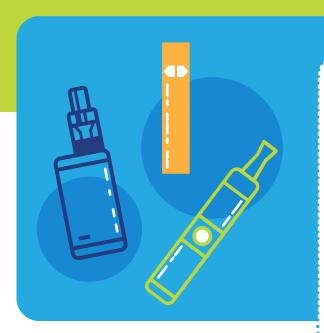
Vaping and your health





What are e-cigarettes?

E-cigarettes, also known as 'vapes', are **electronic devices** that heat a liquid (or 'juice') to create an aerosol that users **inhale**. Using an e-cigarette is commonly called **'vaping'**. E-cigarettes come in **all shapes and sizes** and can look like a highlighter, a pen or USB.

Some people mistakenly believe the 'cloud' from vaping is a vapour, like steam. It is really **an aerosol**, a fine spray of **chemicals** that enter the body via the lungs and small particles that can **lodge in the lungs**.

What's inside an e-cigarette?

The short answer is 'no-one knows', and that's a problem.

An e-cigarette can contain many different chemicals –
very few are identified and none have been tested to show they are
safe to inhale. Some of the chemicals found in aerosols can cause
cancer, others can cause swelling and irritation in the
throat and lungs and can impact the heart.

Even though the packaging on an e-cigarette might say it doesn't contain nicotine, most e-cigarettes in Australia are labelled wrongly and do actually contain nicotine.







How vaping affects your body

Vaping can cause significant harm to your body in the short and long term - even if you use non-nicotine e-cigarettes.

Short-term:

- Vomiting
- Nausea
- Coughing
- Shortness of breath
- Mouth irritation



Long-term:

- Lung damage
- Heart disease

E-cigarettes haven't been around long enough to know if they cause other diseases, but most experts think it is likely they will cause **lung** and **mouth cancers**.

Other risks: Nicotine is a **poison** and can make you really sick if it is swallowed accidentally. There have also been cases of e-cigarettes **exploding** and **catching fire**.



How vaping can lead to addiction

- Nicotine is a highly addictive drug that can be found in e-cigarettes even when they're labelled 'nicotine-free'
- Some e-cigarettes have been shown to contain as much nicotine as a whole packet of cigarettes
- Your brain is still developing until you're 25
- Nicotine use affects brain development, especially the part responsible for attention, memory and learning
- Nicotine use can lead to life-long issues
- Nicotine addiction happens really fast, which makes it hard to stop vaping and increases the chance you'll start smoking cigarettes to get that nicotine 'hit'

