



# VAPING

## What is Vaping?

Vaping is the inhaling of a vapor created by an electronic cigarette (e-cigarette). It's common among teens. E-cigarettes (or "vape pens") heat a liquid until it becomes a vapor, which is inhaled. The liquid (called e-liquid or "vape juice") can contain nicotine or marijuana distillate or oil. E-cigarettes can be refillable or pre-filled with cartridges containing the e-liquid. The pre-filled e-cigarettes (called "Puff Bars") are designed for one-time use. After taking a certain number of "puffs," the user throws the device away.

## Dangers of Vaping

A recent study found that smoking cigarettes decreases the gene expression of 53 genes that play a part in fighting viruses and bacteria. Vaping affects an astonishing 358 of them (Heartfoundation.co.za).

- Vaping will affect your breath.
- Vaping has been linked to hair loss.
- Vaping increases anxiety and depression: It also affects memory, concentration, self-control, and attention.
- Vaping poses a serious risk to teenagers.
- Vaping is linked to erectile dysfunction.
- Second-hand vape is dangerous to everyone.
- Vaping causes sleep problems.
- Vaping causes lung damage.
- Vaping will cause skin dryness and saggy skin.
- Vaping will damage your oral health.
- Vaping is likely to give you cancer.
- Vape clouds are aerosols, not water vapour.

## Facts About Vaping



- Many vapes contain nicotine making them addictive.
- Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- The nicotine in 1 vape can = 50 cigarettes. Depending on the size of the vape and nicotine strength, it can be much higher.
- Young people who vape are 3 times as likely to take up smoking cigarettes.
- Vapes can cause long-lasting damaging effects on the brain and physical development.

## CONTACT US

Individuals who wish to overcome problems with vape use may contact:

ADIC - Alcohol and Drug Intervention Centre

443 Jabu Ndlovu (Loop) Street, PMB, 3201

Cell No: 071 418 4488  
Email: Info@adic.co.za