

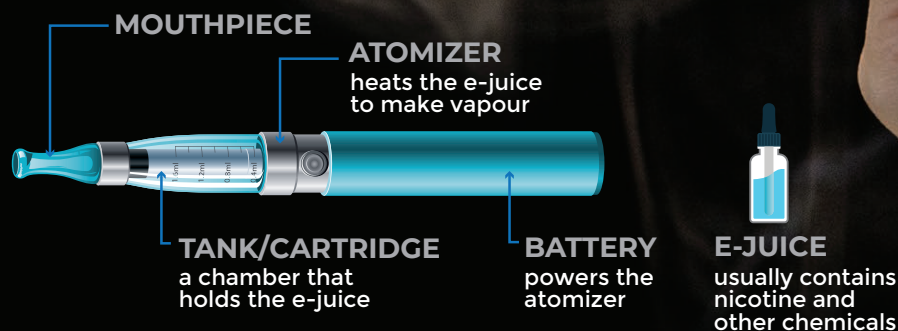
# VAPING

## AN OVERVIEW

### VAPING PRODUCTS

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

### PARTS OF A VAPING DEVICE



### WHAT'S IN THE VAPOUR?

Flavours



E-juice

+

Nicotine

(none to very high amounts)



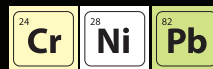
+

• 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

