

LEARN ABOUT

HEALTH EFFECTS OF VAPING



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider. For more information, contact your health care provider or visit the Centers for Disease Control and Prevention at www.cdc.gov.

Nicotine and Vaping

Many e-cigarettes, also called vapes, have a drug in them called nicotine. Nicotine can be harmful, especially for kids and teens.

- Nicotine is very addictive, which means it can be hard to stop using once you start
- It can hurt a baby before it's born, so it's dangerous for pregnant women
- Nicotine can harm the brain, which keeps growing until about age 25
- For kids and teens, it can make it harder to pay attention, learn, control feelings, and make good choices
- Kids who use nicotine might also be more likely to get addicted to other drugs later

Other Dangers of E-Cigarettes

The mist (called aerosol) from vapes can contain things that are bad for your body, such as:

- Nicotine, which is very addictive and can hurt growing brains
- Chemicals that can cause cancer
- Heavy metals like nickel, tin, and lead
- Tiny particles that go deep into your lungs when you breathe
- Harmful gases called volatile organic compounds
- Flavor chemicals like diacetyl, which has been linked to a serious lung disease

Addiction and Withdrawal

Nicotine is what makes tobacco products and vapes addictive. If someone is addicted, they might:

- Really crave nicotine
- Have trouble quitting, even if they want to
- Need to use more and more to feel the same effect

When a person stops using nicotine, they might go through withdrawal. This means their brain and body are getting used to not having it. During this time, they may:

- Feel cranky or nervous
- Feel sad
- Have trouble sleeping
- Find it hard to focus
- Feel more hungry
- Want to use nicotine again

These feelings go away over time as the body gets used to life without nicotine