

# Consequences of Vaping on the Body

Vaping, often mistakenly perceived as a harmless alternative to smoking, poses significant risks to various organs and systems throughout the body. Here's a comprehensive overview of its concerning effects:

## Brain:

- Nicotine addiction
- Impaired memory & learning
- Mood swings & anxiety



## Eyes:

- Dry eyes
- Vision problems



## Mouth & throat:

- Gum disease & tooth decay
- Bad breath
- Increased risk of mouth & throat cancers



## Lungs:

- Chronic obstructive pulmonary disease (COPD)
- Asthma
- Popcorn lung



## Heart:

- Increased blood pressure & heart rate
- Stroke



## Digestive system:

- Nausea & vomiting
- Acid reflux & heartburn
- Weakened immune response



## Reproductive system:

- Impaired fertility
- Pregnancy complications



Sources: CDC, NIDA, American Lung Association, Surgeon General's Report on E-cigarettes, WHO



Scan QR code or visit  
[www.beaverton.k12.or.us/vaping-awareness](http://www.beaverton.k12.or.us/vaping-awareness)  
for vaping awareness resources.



**Need help to quit?** Ask your counselor to be referred to your School Substance Use Specialist.