Consequences of Vaping on the Body

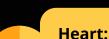
Vaping, often mistakenly perceived as a harmless alternative to smoking, poses significant risks to various organs and systems throughout the body. Here's a comprehensive overview of its concerning effects:

Brain:

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







- Increased blood pressure & heart rate
- Stroke

Eyes:

- Dry eyes
- Vision problems

Mouth & throat:

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









Digestive system:

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

Lungs:

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





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 for vaping awareness resources.



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