

## A VAPING CONVERSATION GUIDE FOR PARENTS

# *Is it worth it?*

## The costs and consequences of vaping

Although most youth are aware of the harms and consequences of smoking cigarettes, they often underestimate the affect that vaping can have on their health and wellbeing. Vaping harms the brain, the lungs and airways, the heart and blood vessels and the teeth and skin.

### The lungs & respiratory system

- Coughing
- Sore throat
- Breathlessness
- Increased vulnerability to respiratory infections
- Scarring of the lungs
- Narrowing of the airways
- Asthma or worsening asthma symptoms

### The brain & nervous system

Because their brains are still developing, nicotine can cause long-term problems with:

- cognition
- memory
- executive function
- impulsivity

### The heart & circulatory system

- Faster heart rate
- Increased blood pressure
- Damage to blood vessels
- Increased risk of vascular disease
- Heavy metal build up in blood and organs

### Teeth & skin

- Dry mouth
- Tooth decay
- Gum disease
- Dry skin

