

5 THINGS

we now know about **vaping**



After years of "it's too early to know", research is now showing us just how harmful vaping can be.

- 1 Yes, you can get COPD from using e-cigarettes.**

E-cigarettes have been around long enough that we now know that their long-term use can cause COPD. Using only e-cigarettes? More than double the risk. Vaping and smoking? The risk is even higher.
- 2 Young people who vape are three times as likely to start smoking.**

Vaping has shown to be a gateway to future cigarette smoking. Youth who vape are also more likely to use alcohol and cannabis and have poor mental health.
- 3 Disposable vapes expose you to higher concentrations of heavy metals than refillable options.**

Heavy metals from the coils and other metal components of disposable vapes can leach into e-liquid. The e-liquid in some popular brands of disposable vapes was found to contain cancer-causing nickel and antimony and toxic lead at levels that exceed safety thresholds.
- 4 E-cigarettes aren't recommended for smoking cessation.**

Many people who use e-cigarettes to help them quit smoking continue to use e-cigarettes over the long term, trading one form of nicotine addiction for another. Counselling and medication have shown to be the most effective approach to quitting.
- 5 Certain flavours are particularly harmful.**

When heated, flavour compounds can create new, toxic substances that harm the lungs and the immune system. Cinnamon, berry, mint and vanilla flavouring are among the worst, but with thousands of flavours on the market and ingredient lists that are lacking, it's best to avoid all flavours.