



How smoking & vaping harm the body

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Canadian Lung Association

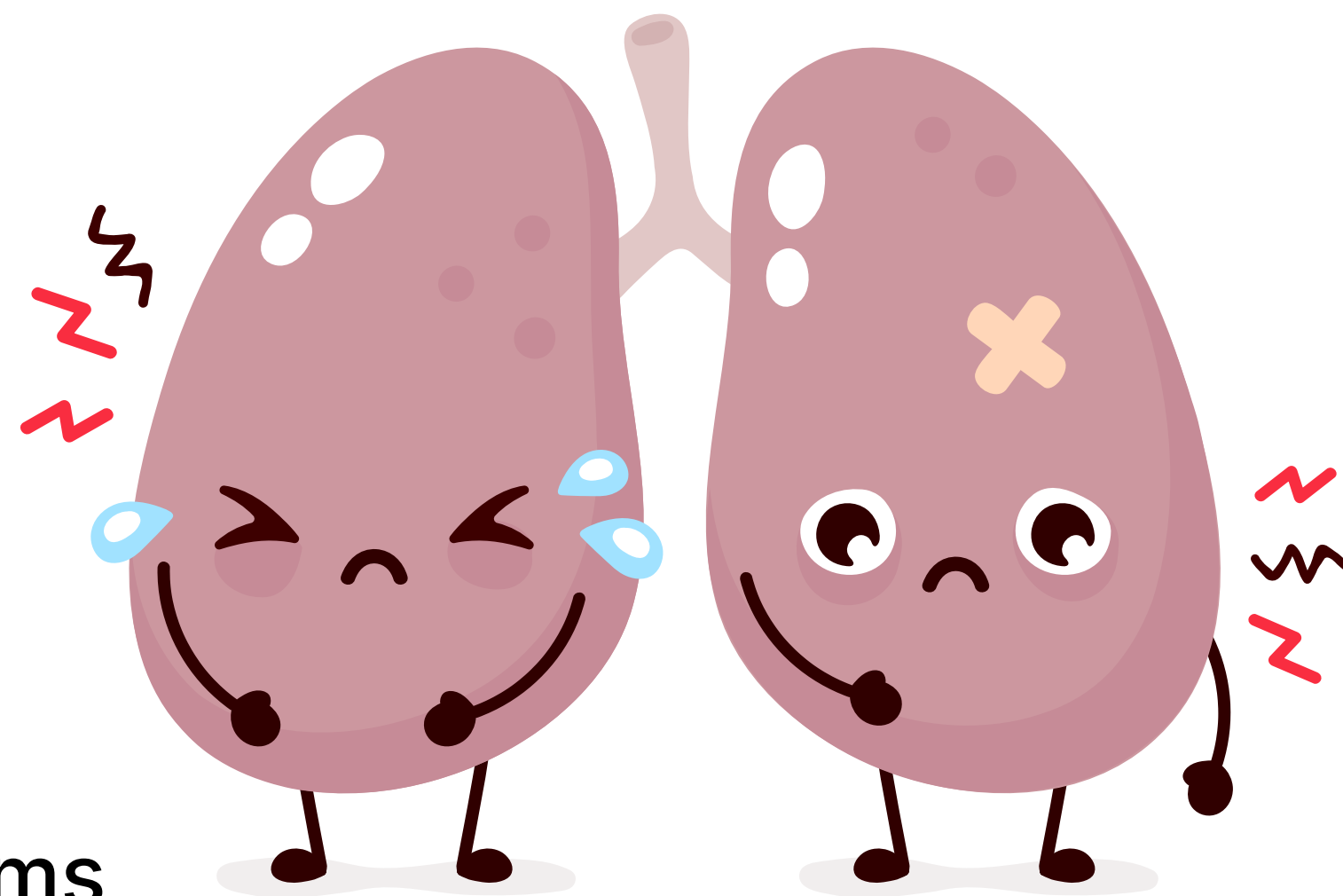
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CONSEQUENCES OF SMOKING OR VAPING

What smoking or vaping can do to your lungs and respiratory system

- Coughing
- Sore throat
- Breathlessness
- Narrower airways
- Scarring in the lungs
- Less endurance and stamina
- Asthma or worsening asthma symptoms
- More likely to get sick from infections like a cold or flu



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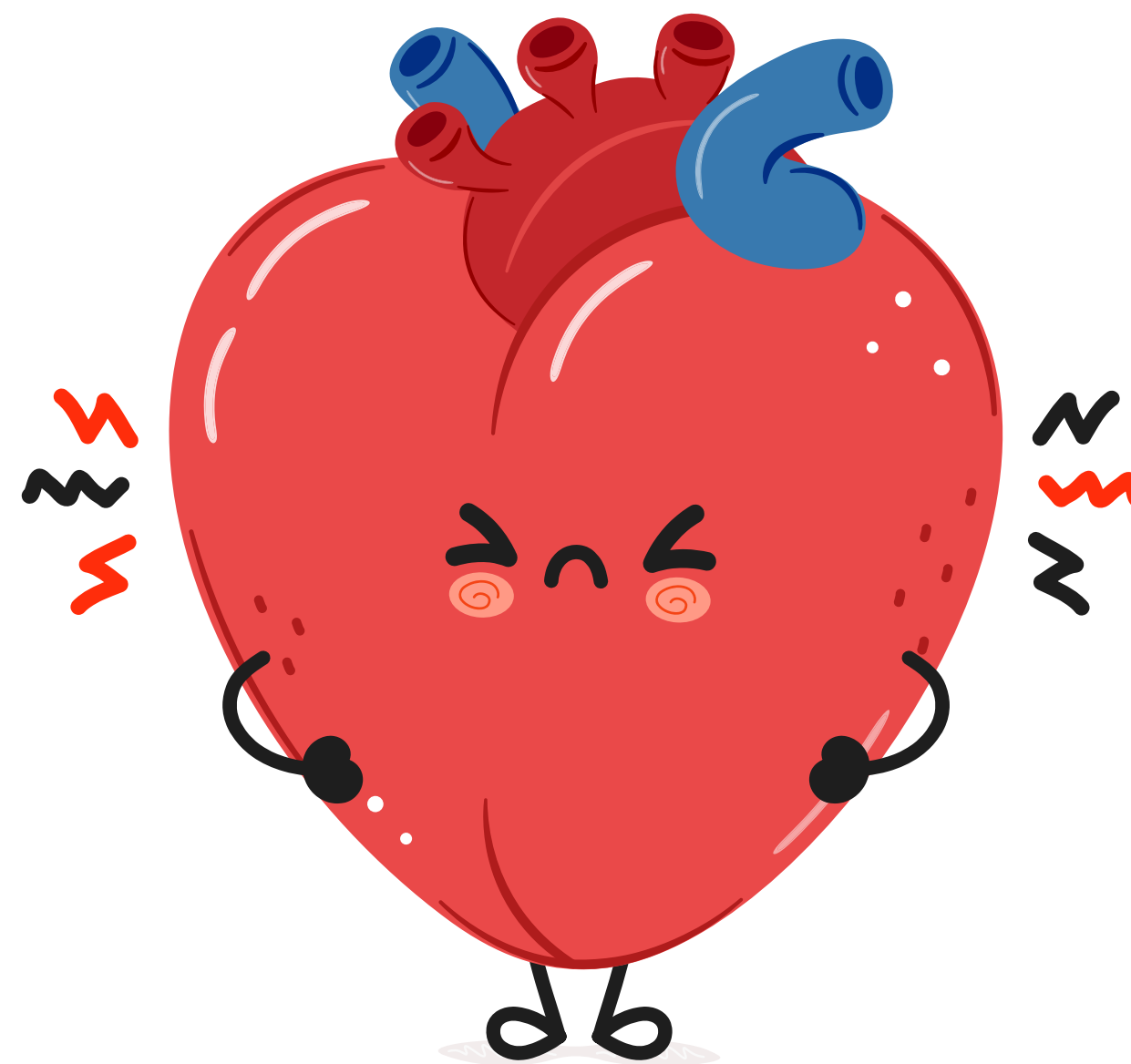
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CONSEQUENCES OF SMOKING OR VAPING

What smoking or vaping can do to your heart and circulatory system

- Increased blood pressure
- Damage to blood vessels
- Heavy metal build up in blood and organs
- Increased risk of heart attack and stroke
- Heart arrhythmias (when your heart beats faster than normal or skips beats)



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CONSEQUENCES OF SMOKING OR VAPING

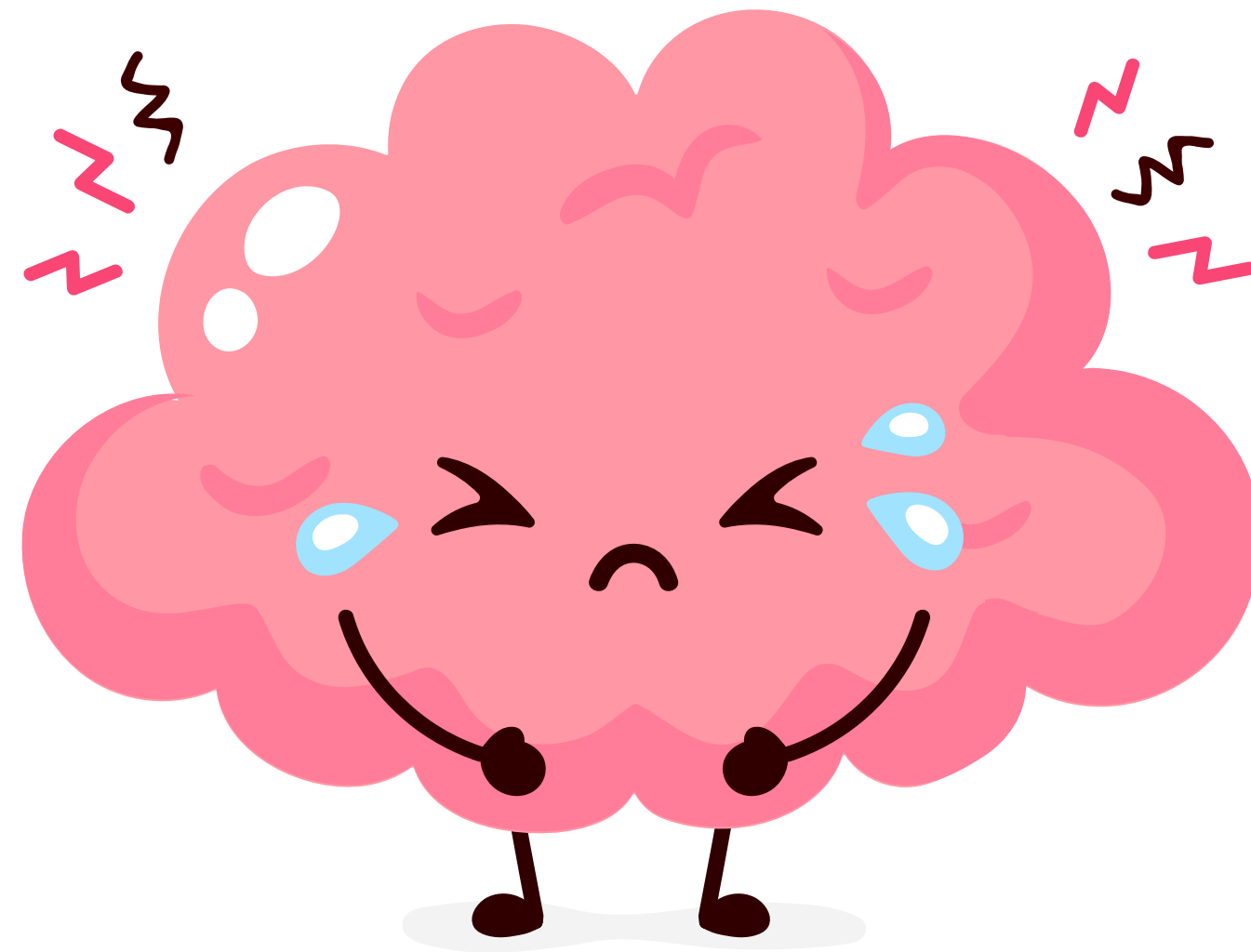
What smoking or vaping can do to your brain and nervous system

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- Problems with memory
- Problems learning and understanding new information
- Problems with impulsivity
- Problems planning ahead and following directions



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CONSEQUENCES OF SMOKING OR VAPING

What smoking or vaping can do to your teeth and skin

- Tooth decay
- Dry mouth
- Black, hairy tongue
- Gum disease
- Clogged pores
- Dry, irritated skin
- Can make acne worse



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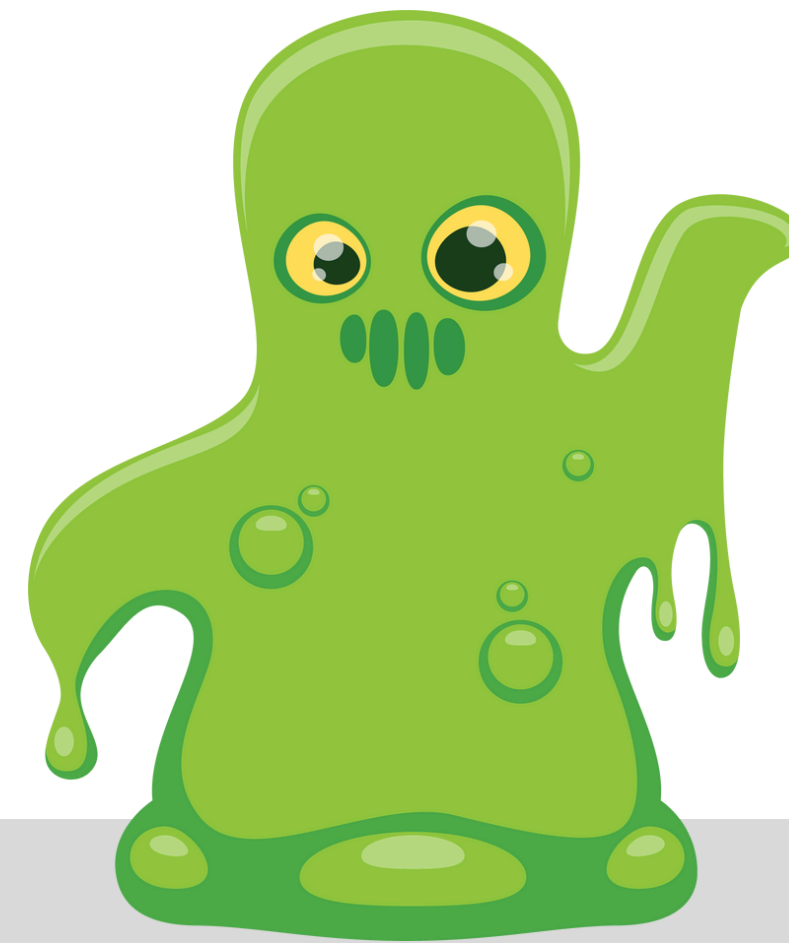
CONSEQUENCES OF SMOKING OR VAPING

Smoker's cough

The tar in cigarettes can damage the airways so it's harder to cough out any mucous (phlegm) in your airways.

People who smoke can have a persistent, phlegmy cough.

The phlegm can also trap bacteria and debris in the airways and can make people who smoke more susceptible to lung infections and lung disease.



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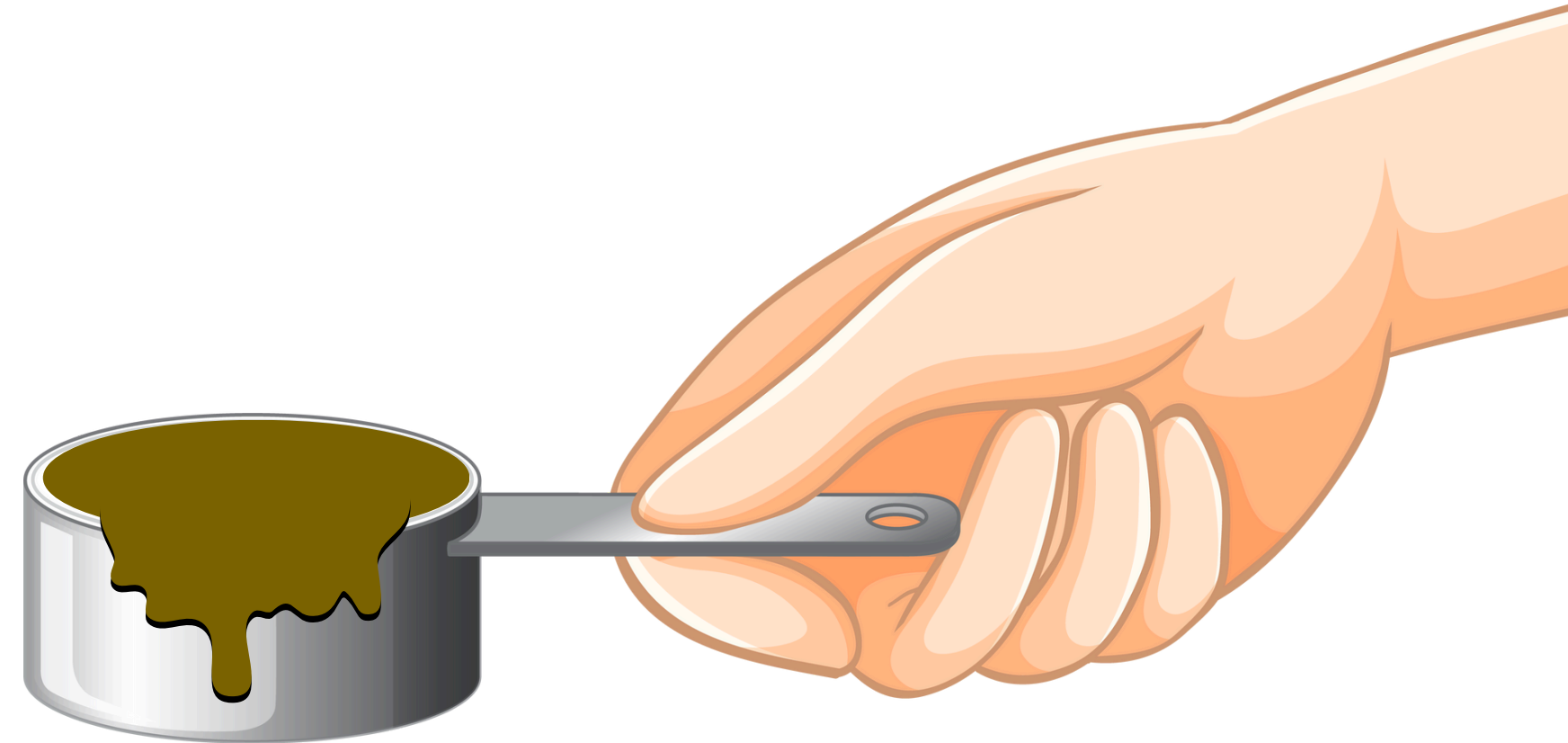
Vaper's cough?

Researchers have discovered that some of the chemicals found in flavouring in vaping devices can also damage the cilia in the airways.

Facts about tar

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- Tar is a sticky, brown residue in tobacco smoke containing hundreds of chemicals. Many of these are known to cause cancer.
- The tar in cigarettes is not the same as the tar used on road surfaces or roofing.
- Tar in cigarettes is what stains smokers' fingers yellow-brown.
- Smoking a pack of cigarettes a day for one year deposits about 1/2 cup of tar in your lungs.



Asthma

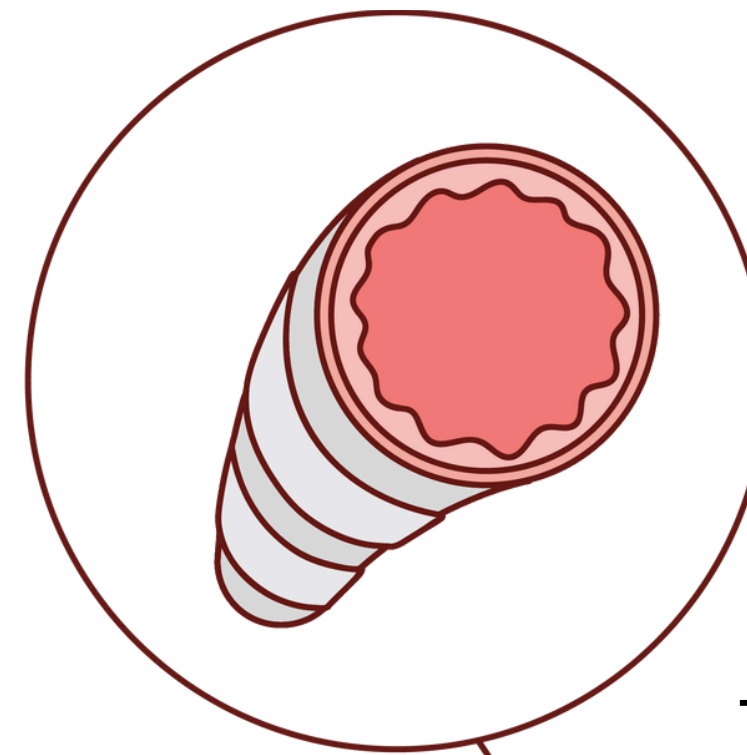
If someone has asthma, their breathing is fine most of the time. But when they're around something that triggers their asthma, they can start to have asthma symptoms.

Things like smoke, air pollution, exercise or cold air are common asthma triggers.

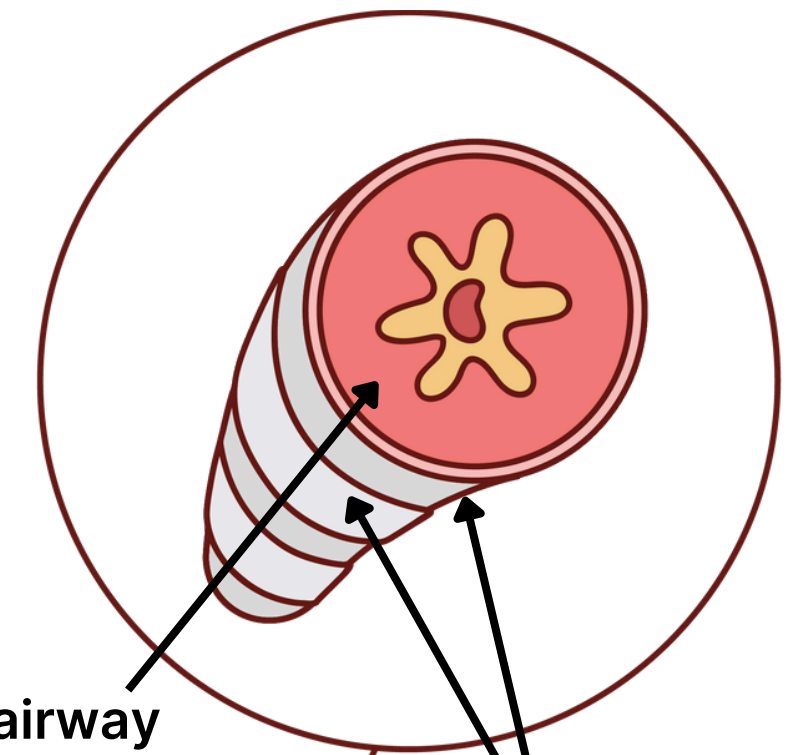
Asthma causes the muscles around the airways get tighter and the airways swell and fill with mucous. This makes breathing difficult.

There is no cure for asthma but medication (like inhalers or puffers) can be used to prevent and treat asthma attacks.

Normal airway



Airway of someone with asthma



The airway swells and fills with mucus

The muscles around the airways tighten



Examples of inhalers (puffers)

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What do smoking and vaping have to do with asthma?

- Asthma is more common in children who grow up around people who smoke.
- People who smoke or vape can experience asthma-like symptoms.
- If you have asthma, smoking and vaping can make the symptoms worse.
- Being near someone who's smoking or vaping can trigger an asthma attack.



Chronic obstructive pulmonary disorder (COPD)

- Makes breathing very difficult
- Causes the airways become swollen and fill with mucus
- Air sacs (alveoli) also break down, trapping air in the lungs
- About 70% of people with COPD have a history of smoking

Someone with COPD may not realize that they are becoming more short of breath until it becomes very hard to do simple tasks like walking up stairs. Sometimes people think being short of breath is just “getting old”.



Chronic obstructive pulmonary disorder (COPD)

Some people with COPD need to use oxygen tanks to get enough oxygen into their blood because their lungs are so damaged.

There is no cure for COPD. It can be treated with inhalers and other medicine but it will get worse over time and can be fatal.

Exercising and staying active can slow down COPD.

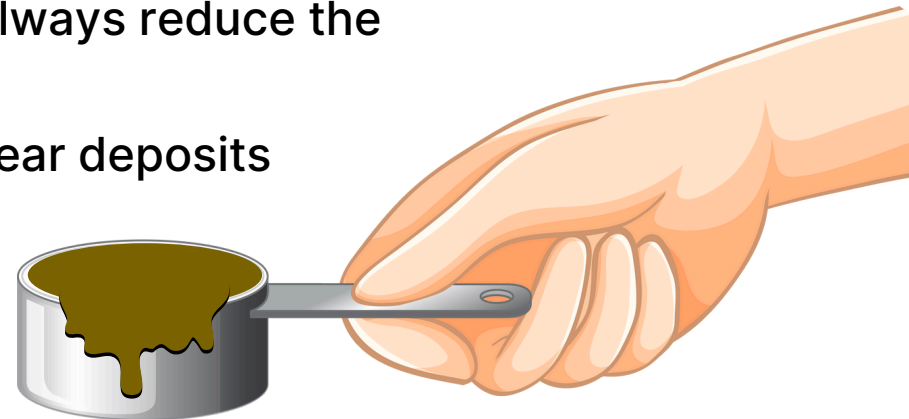


Lung cancer

- Smoking is the #1 risk factor for lung cancer
- About 70% of lung cancer in Canada is caused by smoking
- Lung cancer kills more Canadians than any other type of cancer
- Most people don't know the symptoms of lung cancer and don't go to the doctor until the cancer has spread
- New treatments, technologies and medicines mean people are living longer, especially if lung cancer diagnosed early!

Facts about tar

- Tar is a sticky, brown residue in tobacco smoke containing hundreds of chemicals. Many of these are known to cause cancer.
- Tar in cigarettes is what stains smokers' fingers yellow-brown.
- The tar in cigarettes is not the same as the tar used on road surfaces or roofing
- Smoking cigarettes with lower tar does not always reduce the risk of lung cancer.
- Smoking a pack of cigarettes a day for one year deposits about 1/2 cup of tar in your lungs.



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Symptoms of lung cancer

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If someone you love is having symptoms of lung cancer, encourage them to talk to their doctor.

- A cough that doesn't go away and gets worse over time
- Chest pain that doesn't go away
- Coughing up blood
- Feeling short of breath
- Wheezing
- Losing your voice
- Frequent episodes of pneumonia and/or bronchitis
- Swollen neck and face
- Not hungry, losing weight without trying
- Feeling tired

Ontario Lung Screening Program

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Not everyone with lung cancer has symptoms, especially in the early stages.

The Ontario Lung Screening Program uses CT machines to take detailed pictures inside the lungs of people who are at the highest risk of lung cancer from cigarette smoking.

These tests can help catch lung cancer before it spreads. Lung cancer is much more treatable when it's caught early.



Ontario Lung Screening Program

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If you know someone who:

- Is between 55 and 74 years old
- Smoked for at least 20 years AND
- Still smokes or quit smoking fewer than 15 years ago

you should talk to them about getting screened for lung cancer.

To learn more about lung cancer risk and screening, visit lung.ca/lung-cancer.



If you think someone you love is at increased risk, consider talking to them about lung cancer. It could save their life!

ACTIVITY

Living with COPD: The straw lung challenge



1 straw



Stopwatch or
timer

1. Breathe in and out for 30 seconds.
2. Put the straw in your mouth and pinch your nose closed.
3. Breathe in and out through the straw for 30 seconds.
4. Remove the straw and take deep breaths.
5. Next, breathing through the straw again, walk in place for 30 seconds.
6. Take deep breaths to relax.

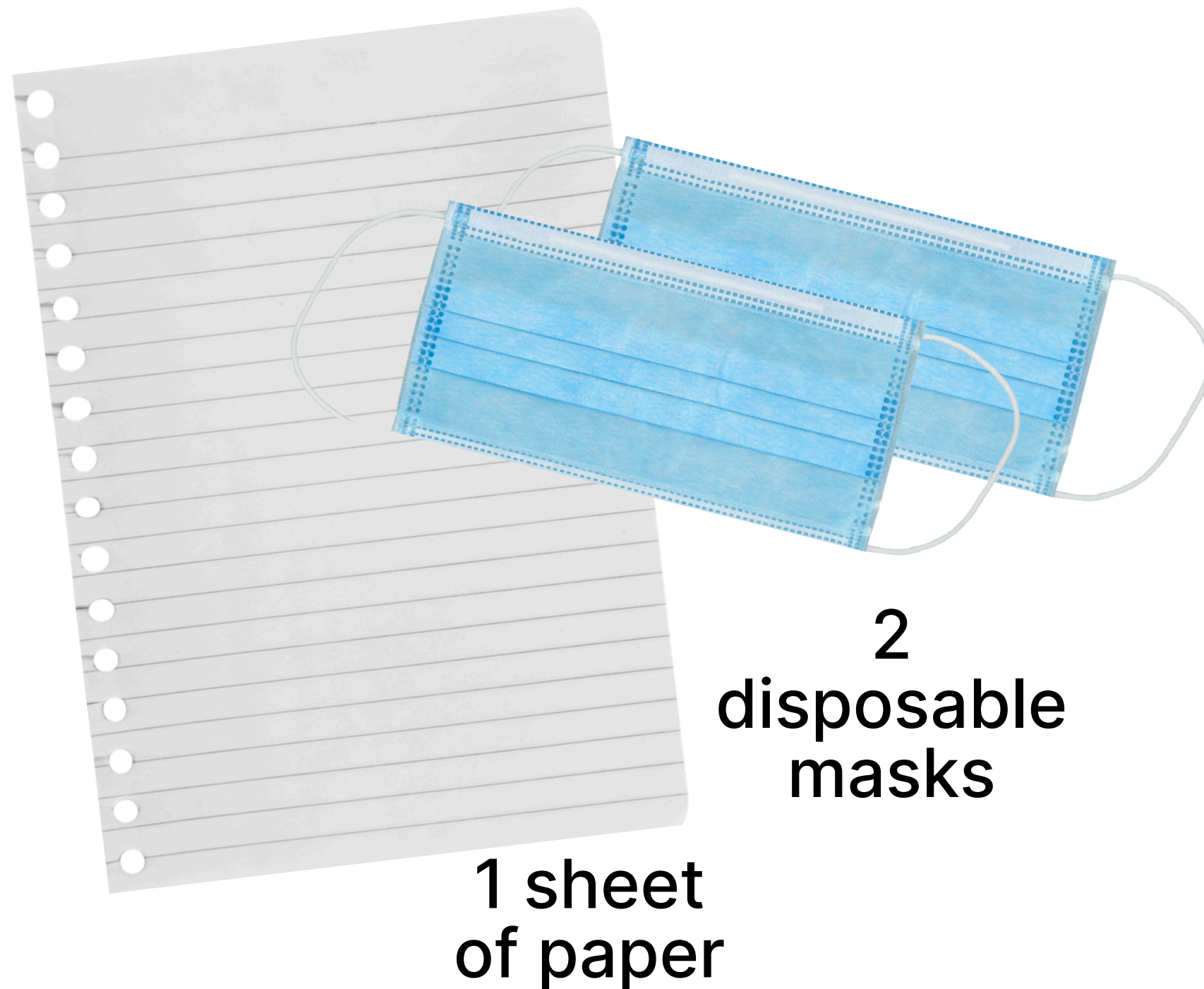
ACTIVITY

Living with COPD: Huffing and puffing

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1. Put on one of the face masks and hold the piece of paper in front of your face.
2. Try to move the piece of paper with your breath. Notice how much force is needed.
3. Put on the second mask over the first.
4. Again, try moving the paper with your breath.

ACTIVITY


What would you say?

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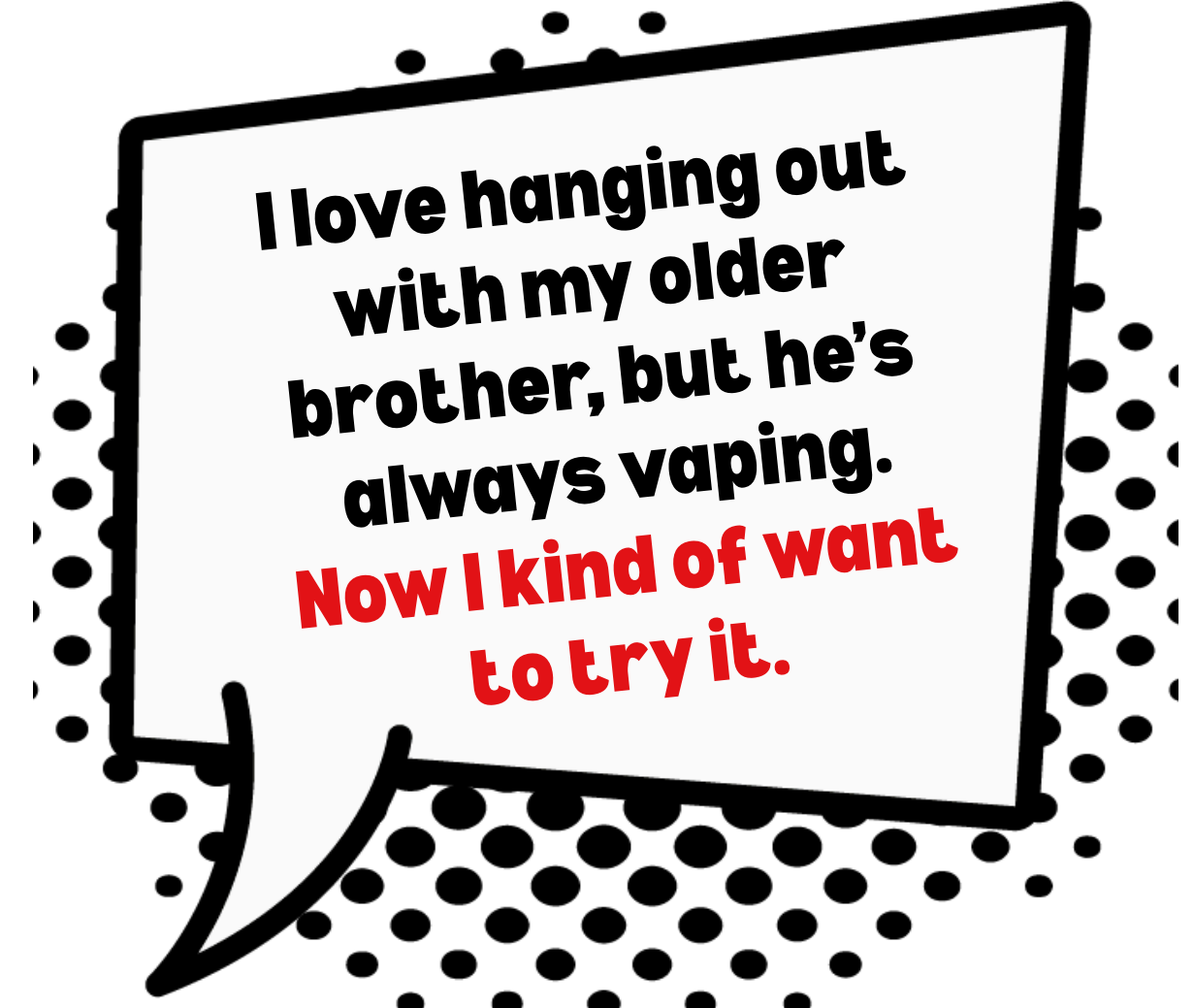
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What would you say to each person to help reduce the harms of vaping?



All my friends
vape. When I hang
out with them,
I feel left out.



I love hanging out
with my older
brother, but he's
always vaping.
**Now I kind of want
to try it.**



I don't vape **all
the time.** Only
at parties.