

VAPING AND YOUR BODY

Most vapes have an extremely high nicotine content. Nicotine is a chemical that can negatively affect your body. Four of your important organs are impacted the most by nicotine:

Your Heart:

- Nicotine raises your blood pressure
- Spikes your adrenaline
- Increases both your heart rate and the risk of having a heart attack
- Decreases your ability to play sports or perform arts at the highest level

Your Skin:

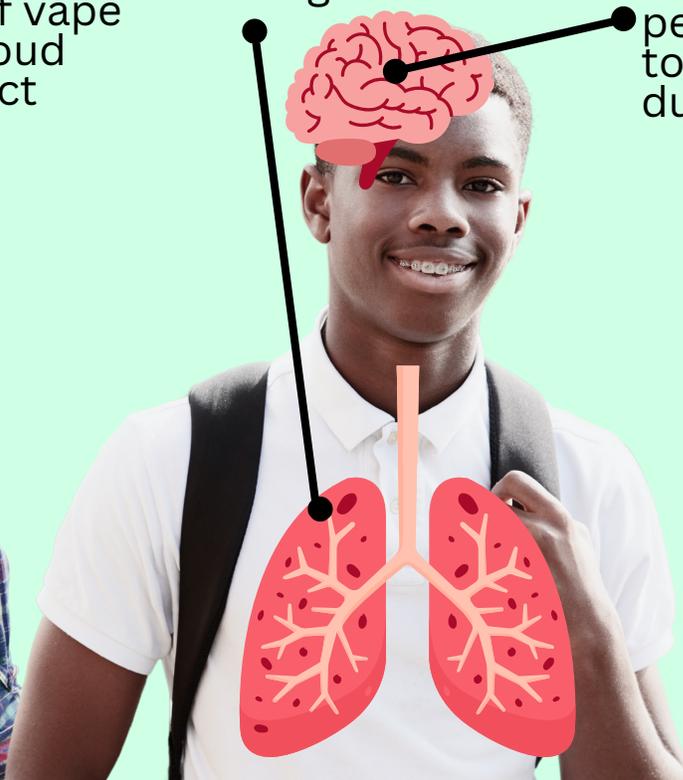
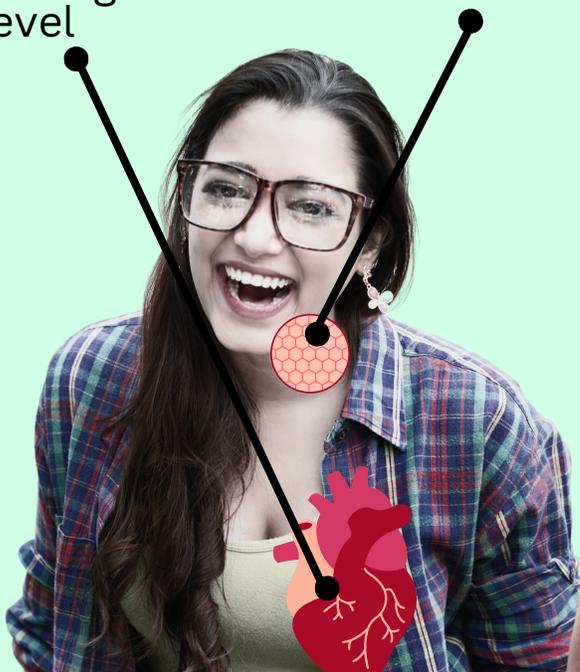
- Nicotine narrows blood vessels and impairs blood flow
- Causes dry and dull skin
- Leads to early aging lines, wrinkles, and sagging skin
- Causes possible acne or rash because of vape aerosol cloud skin contact

Your Lungs:

- Nicotine and other chemicals released while vaping can cause irritation and inflammation in the lungs
- Destroys air sacs which decreases lung capacity and impacts breathing
- Increases risk for permanent lung damage

Your Brain:

- Nicotine rewires your brain and creates an addiction that is hard to break
- Impacts mood swings, attention span, impulse control, and learning ability
- Increases risk of effects being permanent due to brain growth during the teens



WANT
TO QUIT?
SCAN HERE:



**SMOKE
FREE SC**