

“IT’S NOT
THAT BAD
FOR YOU...”

But it could just link to future strokes,
heart attacks and respiratory illness.

Warning: Vaping is bad for you.

VISIT [NICHS.ORG.UK](https://www.nichs.org.uk) FOR MORE VAPING FACTS
BASED ON NICOTINE VAPES.



Vaping



What is Vaping?

Vapes, also known as e-cigarettes, are electronic devices designed to deliver vaporised liquids into your lungs when you breathe in.

This vapourised liquid (aerosol) isn't water. The e-liquid almost always contains nicotine, flavours and either/or a combination of humectants such as propylene glycol, vegetable glycerine or glycerol. These are used to retain moisture and create the aerosol when heated.

Many flavours and humectants have been approved in the UK for oral ingestion but not for inhalation. Therefore, the health risk is not well known, when consumed in this manner. Vapes may also contain other **harmful chemicals** that aren't listed on the pack.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. Young people may think there is little, or no risk of personal harm associated with regular vaping. **This is not true.** The long term health implications are unknown - just as they once were with tobacco. There are however increasing concerns about the risks particularly with regard to cardiovascular and respiratory illness. We recommend avoiding the use of vapes other than in a short term attempt to quit.

IF YOU DON'T SMOKE, DON'T VAPE

Emerging research has found that the use of vapes carries health and other risks, as outlined below:



Most vapes contain **nicotine** and are **highly addictive**



Nicotine has long lasting damaging effects on the **development of your brain**



Vape aerosol is **not water vapour**



Vapes can contain the same harmful chemicals found in **cleaning products, nail polish remover, weed killer and bug spray**



Vapes contain additives, flavourings and chemicals which are **toxic to the body**



Vaping increases your risk of **cardiovascular disease** (Heart attack and stroke)



Vaping increases your risk of **lung disease and asthma**



If you vape you are **three times more likely** to take up cigarette smoking

Vaping to help quit smoking

We recognise that existing smokers may use e-cigarettes to try and cut down or quit smoking. However, existing smokers who want to use vapes to assist with stopping smoking should only use vapes as a short-term measure, for no more than twelve weeks and supported by a recognised behavioural change programme. Given the increasing health considerations NICHS would advise smokers to only use vapes as a short term measure and to use currently approved by the Public Health Agency to give up smoking.

Visit www.stopsmokingni.info for more information on stop smoking services and support. IF YOU DON'T SMOKE, DON'T VAPE.

Protection against vaping and smoking

Currently, as with the purchase of conventional cigarettes and alcohol, the legal age to purchase and use a vape is 18 years old and it is illegal for an adult to buy cigarettes or vapes for those under 18 years olds.

NICHS believe the increasing concerns about vaping, especially regarding cardiovascular and respiratory health, are such that we are campaigning to increase the age of sale for vapes/cigarettes to 21. Join our campaign to protect young people by emailing campaigns@nichs.org.uk

Follow us:



Northern Ireland Chest Heart & Stroke

21 Dublin Road, Belfast BT2 7HB

t. 028 9032 0184 e. mail@nichs.org.uk www.nichs.org.uk

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