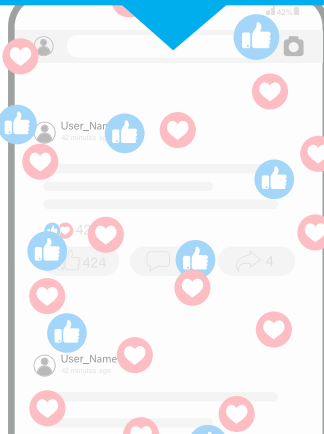


CONSEQUENCES OF
VAPING

**Ten Health Risks
You Need to Know**



Now



TEXAS YOUNG LAWYERS ASSOCIATION

♥ BeeBop
@dontBfooled


**IMPORTANT
ANNOUNCEMENT**



123.5K

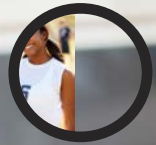


337.3K



12.1K

**SOME PODS ARE
WORSE THAN OTHERS**



🎵 No More Smoke @texyounglawyers

NOT ALL E-CIGARETTES ARE CREATED EQUAL.

The amount of nicotine in some pods is equivalent to a pack of cigarettes. Since teens often use multiple pods in one sitting, they can unknowingly become exposed to unsafe levels of nicotine that can have immediate and long-term health consequences.

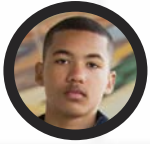
National Center for Health Research



424 **tyla.org**

♥ BeeBop
@meditate4_me

NICOTINE is TOXIC



Vaping can
cause brain
damage!



USING ALL
MY BRAIN
CELLS



47.1K



423.1K

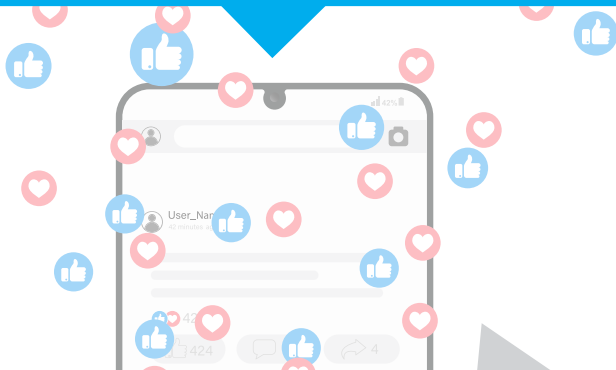


23.2K

🎵 Close Your Eyes @texyounglawyers

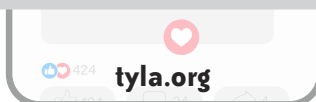
VAPING CAN CAUSE BRAIN DAMAGE & INCREASED RISK OF DEVELOPING MENTAL AND BEHAVIORAL PROBLEMS.

Nicotine and other chemicals found in e-cigarettes might harm brain development in younger people. Several studies have shown that adolescent tobacco use is associated with later risk of developing mental and behavioral problems such as major depressive disorder, agoraphobia, panic disorder, addiction to other substances, antisocial personality disorder, or academic problems.



Centers for Disease Control and Prevention.
Preventing tobacco use among youth and young adults. 2012.

Short- and Long-Term Consequences of Nicotine Exposure during
Adolescence for Prefrontal Cortex Neuronal Network Function .



♥ BeeBop

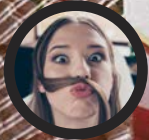
@addiction_free_sk8r



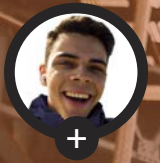
nothing can
stop me



WHOA! Smoking is
holding me back!



I wish I could quit
smoking...



89.3K



824.2K



54.5K

🎵 Break Every Chain @texyounglawyers

NICOTINE IS ADDICTIVE.

Kids who vape are 3x more likely to smoke cigarettes a year later.

Association of Electronic Cigarette Use With Initiation of Combustible Tobacco Product Smoking in Early Adolescence.



Progression to Traditional Cigarette Smoking After Electronic Cigarette Use Among US Adolescents and Young Adults.



Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults





beebor

@O2_for_you

CHIRP

STAY POISON FREE
TO TAKE CARE OF
ME! ☆



47.2K



263.1K



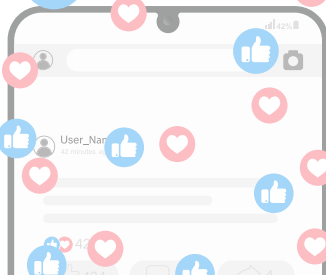
7.4K



♪ Toxic @texyounglawyers

YOU ARE BREATHING TOXIC METALS.

If you vape, you may be inhaling toxic metals like chromium, nickel, and lead.



FDA: U.S. Food & Drug Administration

US Department of Health and Human Services. E-cigarette Use
Among Youth and Young Adults: A Report of the Surgeon General.



♥ BeeBop
@Active_4Life



*Healthy is an outfit
that looks different
on everybody!*



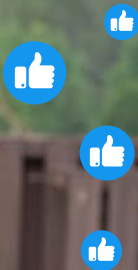
456.2K



832.3K



7.2K



🎵 Groove is in the Heart @texyounglawyers

AVOID HEART AND CIRCULATION PROBLEMS.

Vaping increases heart rate and blood pressure, and therefore, can create or worsen circulatory problems.

Teens & Vaping: What You Need to Know





Beebor

@dancr_lungs19

♪ Just Dance @teyounglawyers



You are your choices...

...choose healthy lungs!



52.5K



785.2K



85.7K



Thank You
For Not Vaping



VAPING CAN CAUSE LUNG DAMAGE.

In 2019 it became clear that vaping could cause seizures and serious lung damage after just a year, possibly less, based on CDC reports of patients hospitalized for lung damage caused by vaping. The COVID-19 pandemic raised even more concerns about the safety of vaping. Youths aged 13-24 years old who have used e-cigarettes were more likely to be diagnosed with COVID-19 and experience COVID-19 symptoms.

Outbreak of Lung Injury Associated with the Use of E-Cigarette, or Vaping, Products.



Non-cigarette tobacco products: What have we learned and where are we headed?

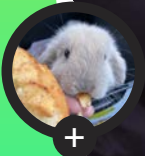


Association between youth smoking, electronic cigarette use, and COVID-19.



♥ Beebor
@no_effectz_22

CANCELLED EFFECTS



+



5.6K

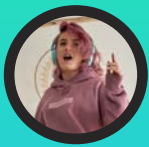


27.1K



433.5K

CHOOSE
health

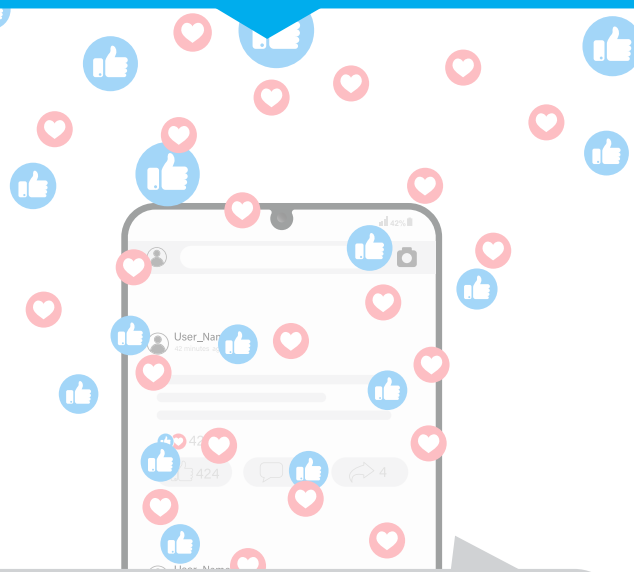


🎵 Shake the Disease @texyounglawyers



SIDE EFFECTS

According to the Centers for Disease Control and Prevention (CDC), benzoic acid, found in vaping products, is known to cause coughs, sore throat, abdominal pain, nausea, and vomiting if the exposure is constant.



Centers for Disease Control and Prevention.
Safety material data sheet: Benzoic acid.

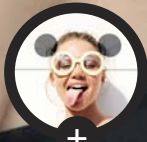


♥ BeeVop

@nochems_chooseart



#Beformaldehydefree



+



46.2K



23.1K



161.1K



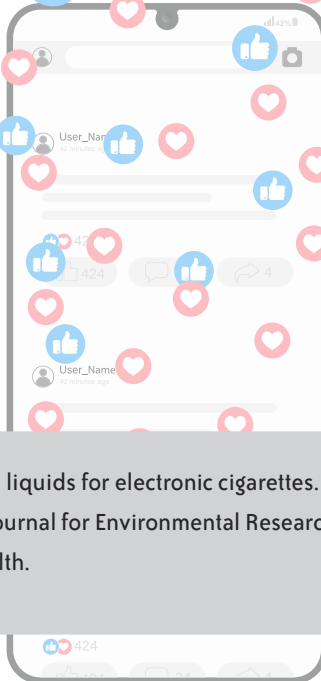
♪ Free to Be Me @texyounglawyers

YOU COULD BE INHALING FORMALDEHYDE.

A study looked at 42 liquid e-cigarette cartridges and determined that they contained formaldehyde, a chemical known to cause cancer in humans. Formaldehyde was found in several of the vape cartridges at levels much higher than the maximum U.S. Environmental Protection Agency (EPA) recommends for humans.

Formaldehyde: This is a cancer-causing substance that may form if e-liquid overheats or not enough liquid is reaching the heating element (known as a “dry-puff”).

Toxicity of refill liquids for electronic cigarettes.
International Journal for Environmental Research
and Public Health.



♥ BeeVop

@novape_buildgr8

HEY!
NO TOXIC
CHEMICALS



45.5K



137.1K



17.2K



🎵 Working on a Building @texyounglawyers

IT IS NOT JUST "HARMLESS VAPOR."

The aerosol (vapor) from e cigarettes may include up to 31 other toxic chemicals and carcinogens.

U.S. Department of Health and Human Services:
E-cigarette Use Among Young and Young Adults



♥ BeeBop

@safe_family4life



He's
my
"why!"

#FamilyFirst
#BeAHero

She's
my
role
model



123.1K



882.1K



4.2K



🎵 We are Family @texyounglawyers

VAPING HURTS YOUR FAMILY: LITERALLY.

Even children who are too young to smoke have been harmed by e-cigarettes and related products. The liquid is highly concentrated, so absorbing it through the skin or swallowing it is far more likely to require an emergency room visit than eating or swallowing regular cigarettes. In 2012, less than 50 kids under the age of 6 were reported to poison control hotlines per month because of e-cigarettes. In 2015, that number had skyrocketed to about 200 children a month, almost half of which were under the age of 2!

Pediatric exposure to e-cigarettes, nicotine, and tobacco products in the United States.



Prepared as a public service by the
Texas Young Lawyers Association
and distributed by the State Bar of Texas.

