

# Health Risks Associated with Vaping

- Mouth & throat irritation
- Respiratory (breathing) problems such as coughing, worsening asthma
- Permanent lung tissue damage
- Lowered immunity to infections and cancers
- Chest pain
- Raised blood pressure
- Raised heart rate
- Upset stomach
- Nausea



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# E-CIGARETTES/ VAPING

## What are E-Cigarettes?

Electronic cigarettes are battery powered devices that are used to heat a liquid into a vapour that can be inhaled. They are also called e-cigarettes, e-cigs or vapes.

## Are E-Cigarettes safer than cigarettes?

No. Tobacco related toxins and carcinogens have also been found in the aerosol vapour of e-cigarette products. These substances have been found to be associated with many diseases including cancer.

## Is Vaping Addictive?

Most vaping products contain nicotine.

Nicotine is also found in tobacco products and is one of the most addictive substances known to man.

As little as 1/2 teaspoon of the concentrated liquid nicotine can be fatal for a young child.

## What is in the e-cigarette?

The aerosol produced by the chemical in e-cigarette devices can contain harmful substances and ultra-fine particles, that, when inhaled, are inhaled deep into the lungs and can leave chemical residue behind.



The ingredients include:

- Nicotine
- Propylene
- Glycol
- Vegetable glycerin
- Flavorings such as diacetyl, a chemical linked to a serious lung disease
- Other cancer-causing chemicals
- Heavy metals such as nickel, tin and lead.

Tiny heavy metal particles that are most likely from the casings and heating elements have also been found in the aerosols created from device use.

It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.