

Serious Lung Effects

A Real Risk

Vaping can affect your lungs and respiratory health. Recent research has linked e-cigarette use with coughing, wheezing, shortness of breath, asthma, airway inflammation, and lung damage.

A 2025 systematic review of 119 studies found evidence of harmful respiratory effects among people who vape, although researchers note that more long-term studies are needed to fully understand the risks.

Vape aerosol is not harmless water vapor. It can contain nicotine, ultrafine particles, flavoring chemicals, and other substances that may irritate or damage the respiratory system.

Using both cigarettes and e-cigarettes may be especially harmful. Recent research suggests that dual users can have greater health risks than people who use either product alone.

If you vape and experience chest pain, difficulty breathing, severe coughing, or other serious symptoms, seek medical attention.



Test Yourself

Think you know all there is to know about vaping?
Fill in the blanks to find out!

1. In 2024, about _____ U.S. middle and high school students currently used e-cigarettes.
2. Most vapes contain _____, an addictive drug that can affect the developing brain.
3. When you try to quit vaping, your body may go through nicotine _____.
4. Vape aerosol is NOT harmless _____ vapor.

WORD BANK:

- A. Water B. Nicotine C. 1.63 million
D. Withdrawal

Answers: 1. C 2. B 3. D 4. A



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VAPING



Trapped by Vape

What is Vaping?

E-cigarettes, or vapes, are battery-powered devices that heat a liquid and produce an aerosol that users inhale. This aerosol is often mistakenly called “water vapor,” but it is not simply water.

Most e-cigarettes contain nicotine, along with flavorings and other chemicals. The aerosol can also contain ultrafine particles and substances that may be harmful when inhaled.

Vapes come in many forms, including disposable devices, refillable devices, and pod-based systems. Some devices can deliver high levels of nicotine, making dependence develop quickly.

Some vaping products are designed to deliver THC or other substances instead of—or in addition to—nicotine. Products obtained from informal or illicit sources may contain unknown ingredients or contaminants.

Is Vaping Dangerous?

Yes. No tobacco product, including e-cigarettes, is considered safe.

Vape aerosol can contain nicotine, ultrafine particles, flavoring chemicals, volatile organic compounds, and other potentially harmful substances. These substances can irritate the lungs and respiratory system.

Recent research has found associations between vaping and respiratory symptoms, asthma, airway inflammation, lung damage, and chronic obstructive pulmonary disease (COPD). Researchers are continuing to study the long-term health effects of vaping.

Using both cigarettes and e-cigarettes does not eliminate the risks of smoking. Recent evidence suggests that dual use may be associated with greater health risks than using either product alone.

If you do not currently use tobacco or nicotine products, do not start vaping.



Is Vaping Addictive?

Yes. Most e-cigarettes contain nicotine, an extremely addictive drug.

With repeated use, the brain and body become accustomed to nicotine. This can lead to cravings, tolerance, and dependence, making it difficult to stop even when someone wants to quit.

Young people may be particularly vulnerable because the brain continues developing until about age 25. Nicotine exposure during adolescence can affect brain systems involved in attention, learning, mood, and impulse control.

When someone stops vaping, nicotine withdrawal can begin. Common symptoms include:

- Strong cravings
- Irritability
- Anxiety or nervousness
- Difficulty concentrating
- Restlessness
- Headaches
- Mood swings
- Trouble sleeping
- Feeling sad or depressed
- Feeling like you need to vape

Withdrawal symptoms are uncomfortable, but they fade over time. Having a plan and getting support can make quitting easier.



How Do I Quit?

Have you decided to make the change and quit vaping? Here are some helpful tips to help you become vape-free.

Make a quit plan. Choose a quit date and think about why you want to quit. Write down your reasons and keep them somewhere you can see them when cravings hit.

Know your triggers. Pay attention to situations, people, places, or emotions that make you want to vape. Make a plan for what you will do instead.

Remove vaping reminders. Throw away your vapes, pods, chargers, and other supplies. Changing your routine can also help reduce cravings.

Prepare for withdrawal. Cravings, irritability, anxiety, and difficulty concentrating can happen when you quit. These symptoms usually improve with time.

Get support. Tell a trusted friend, family member, counselor, doctor, or other health professional that you are quitting. You do not have to do it alone.

Find the support. Build up a team of trustworthy people to help get you through this process. Talk to your friends and family. Consult your doctor. Join a support group. Ask for help. It's out there.

Use free quit resources. Call 1-800-QUIT-NOW to connect with a trained quit coach. Teens can also use Teen.smokefree.gov and SmokefreeTXT for Teens.

