

**What?**



King's College Hospital  
NHS Foundation Trust



**“It's just bubblegum  
flavoured air!”**

**Vaping** might seem like a cool, safer choice over smoking, but beneath those clouds are some serious, long-term **health risks.**

## Facts about vaping

- ▲ Nicotine is a highly addictive chemical and can lead to dependence very quickly. Once addicted, it becomes difficult to quit, and long-term nicotine use can have lasting effects on your body.
- ▲ When you try to stop, you might feel anxious, irritable, and have strong cravings.
- ▲ Nicotine alters the brain chemistry, making it more difficult to focus, learn, and control impulses.
- ▲ Flavours in vapes are as addictive as nicotine, making it challenging to stop vaping.

## Lung harm

- ▲ The chemicals in a vape are known to irritate and inflame lung tissues causing you to cough.
- ▲ Vaping can cause Pneumonitis, which is a chest infection, which will need a visit to our GP or Emergency Department
- ▲ Vaping can worsen existing lung problems, such as Asthma, causing other chronic respiratory conditions, making it harder to breathe.

▲ Chest pain ▲ Heart problems

## Heart harm

- ▲ Nicotine stiffens your arteries that eventually can cause high blood pressure.
- ▲ Nicotine makes your heart pump faster and can cause chest pain if vaping frequently.
- ▲ Chemicals in a vape liquid can cause inflammation of the blood vessels, leading to a higher risk of heart problems.

## Mental health

- ▲ Nicotine can actually increase anxiety and make it harder to handle stress, even though it might seem like it helps you relax.
- ▲ Nicotine ups and downs can make you moody and stressed, which can hurt friendships and impact your school performance.
- ▲ Because your brain is still developing, nicotine can interfere with your ability to concentrate, learn new information, and retain memories.

- ▲ Vapes can release harmful metals such as lead, nickel, and chromium from the heating elements. These metals can damage your lungs, kidneys, liver, and nervous system.

## Heavy metals

## Formaldehyde

- ▲ Some vaping liquids can produce Formaldehyde, a chemical known to cause cancer. Inhalation of this chemical can also cause irritation to the lungs, eyes, and throat.



## Acrolein

- ▲ Acrolein has been found in some vapes. It is used as a pesticide to control algae, weeds, bacteria, and mollusks. It can cause irreversible lung damage. It's also linked to increased risk of heart disease.

# ▲ Permanent lung damage ▲

## Good advice

1. Stay informed, if you never smoked don't vape!  
Don't vape at all, it is harmful even if less dangerous than tobacco smoking!
2. Get confident about saying 'no' if someone offers you a vape – it shows you're in control.
3. Talk to a responsible adult if you face a peer pressure to vape.
4. Ask for help from parent/carer, teacher, GP or a school nurse if struggling with symptoms of vaping dependence or craving.

## Further information

Vapes: [www.talktofrank.com](http://www.talktofrank.com)

Youth vaping – The Need to know –  
safer schools:

[www.oursaferschools.co.uk](http://www.oursaferschools.co.uk)

Vaping and e-cigarettes – The Facts:

[www.ash.org.uk](http://www.ash.org.uk)

Instagram [miraalunghealth](https://www.instagram.com/miraalunghealth)

If you would like the information in this leaflet in a different language or format, please contact our Communications and Interpreting telephone line on 020 3299 4826 or email [kch-tr.accessibility@nhs.net](mailto:kch-tr.accessibility@nhs.net)

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