Risks of E-Cigarette and Vape Pen Use

Although the overwhelming majority of young people do not use e-cigarettes, the recent increase in use among adolescent is concerning to health professionals.

Nicotine use in early adolescence causes changes in the brain that make **life-long addiction** much more likely for young e-cig/vape users.

**Ear, eye and throat Irritation** is common among e-cigarette/vape pen users.

The aerosols produced by the chemicals in e-juice, enter into the user’s lungs unfiltered and leave **chemical residue** behind.

Nicotine is known to have effects on the cardiovascular system. Some recent studies show that acute use of e-cigarette impaired flow-mediated dilation, this suggests that e-cigarettes can lead to **cardiovascular diseases**.

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**Recent studies** show that e-cigarette/vape pen use is associated with the use of other tobacco products that are known to cause further health issues, including **cancer** and **heart disease**.

**Many people** incorrectly believe that these devices produce a water vapor when in fact they create aerosols that contain **harmful chemicals**, and **ultra-fine particles** that are inhaled into the lungs and out into the environment, making them harmful to the user and others nearby.

**These devices are** still very new so many of the long-term health consequences of their use is still not known. Even still, the mounting evidence shows that these devices are **not harmless**.