

# Vaping Affects Your Health

## Mental Health Concerns

- Vaping can make you more sensitive to stress
- Vaping regularly can make it harder to concentrate, remember, and make decisions
- Vaping can cause changes in your brain chemistry which can create cravings to vape more
- Vaping can worsen symptoms of depression and anxiety in the long-run

## Physical Health Concerns

### Eyes and Ears

Thyroid Eye Disease  
Macular Degeneration  
Damaged Hearing

### Teeth

Weakened Tooth Enamel  
Cavities  
Gum Disease

### Heart

Elevated heart rate and blood pressure  
Narrowed blood vessels  
Increased risk of stroke and heart disease

### Bones

Decreased bone density  
Increased risk of Osteoporosis

### Brain

Nicotine Dependence  
Memory, mood, and attention alteration

### Nose and Throat

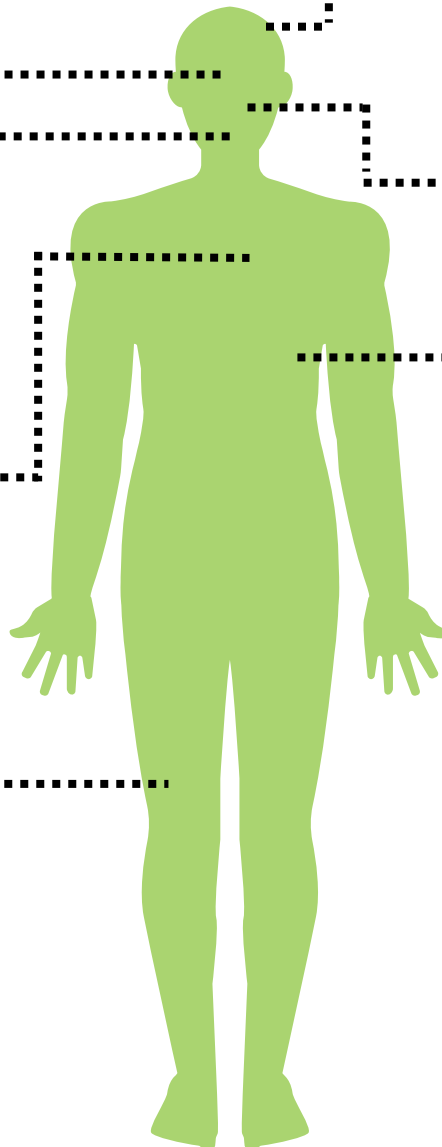
Nosebleeds  
Sinus Infections

### Lungs

E-cigarette and Vaping Use-Associated Lung Injury (EVALI)  
Shortness of breath  
Coughing and wheezing  
Worsens Chronic Obstructive Pulmonary Disease (COPD) and Asthma

### Skin and Hair

Wrinkles  
Damaged hair follicles



\*Information from the American Lung Association