



# VAPING

Myths, Truths &  
What Your Friends Might Not Know



IT'S NOT JUST FLAVOURED AIR – AND IT'S NOT JUST HARMLESS  
**HERE'S WHAT'S REALLY BEHIND THE CLOUDS**

## 5 VAPING MYTHS

# BUSTED



### 1. IT'S JUST FLAVOURED WATER VAPOUR

Vaping is the inhaling of an aerosol (mist) created by an electronic cigarette (e-cigarette) or another vaping device. It is an aerosol full of nicotine, chemicals and tiny particles that your lungs wish they'd never met!

Toxins is a word that is used to describe poisons. The aerosol (mist) created by your vape contains many harmful chemicals.

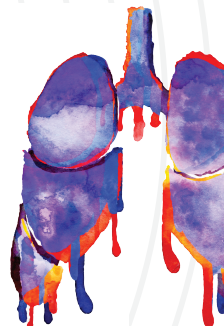
For example:

- Propylene glycol – used to make products such as antifreeze and paint solvent.
- Carcinogens – chemicals that cause cancer.
- Acrolein – mostly used in weed killer and can cause irreversible lung damage.
- Benzene – a chemical found in car exhaust fumes.

## 2. AT LEAST IT'S SAFER THAN SMOKING

Vaping messes with your lungs, brain, heart – especially if you are still growing. Nicotine also affects your mental health by making anxiety and depression worse and giving you memory and sleep problems. Even brief exposure to nicotine can produce a permanent change in your brain.

- Anxiety – some believe that a vape will reduce their anxiety as the nicotine in vapes can make you feel relaxed immediately after you inhale. Unfortunately, the nicotine level will fall within minutes and you can experience withdrawal symptoms such as further anxiety and increased stress.
- Lung damage, chronic cough, asthma attacks – your lungs are still developing as you grow. This makes your lungs much more vulnerable than an adult to the toxic effects of vaping.
- Sleep problems – vaping can cause restlessness, nightmares and insufficient sleep.
- Brain risks – nicotine interacts in a unique way with your brain as a teenager. Nicotine can make it harder to learn and concentrate. Remember, the part of your brain responsible for decision-making, reward-processing and emotional regulation continues to develop at least until you are 25 years of age. Some of the brain changes from vaping can be permanent and can affect you into your adulthood.



### 3. IT'S NOT ADDICTIVE

Nicotine is very addictive, and you can become addicted to vaping even if you don't vape daily. There is no safe level of vaping.

- The liquid in your vape contains nicotine, which is a highly addictive chemical. Nicotine is that same ingredient in cigarettes that makes them addictive.

### 4. EVERYONE'S DOING IT

Not true, most teenagers in Ireland do not vape – it's just louder online than in real life. For example, a recent survey found that just 15% of 16-year-olds in Ireland currently use vapes.

- It's your body and your choice as to whether you vape. We hope this information helps you make an informed choice that keeps your body and mind healthy.

### 5. I CAN QUIT WHENEVER I WANT

Most people struggle to quit vaping – nicotine withdrawal is real and extremely challenging. As a teenage vaper, you are also 3-5 times more likely to take up tobacco smoking.

If you would like to quit vaping, there is lots of support available.

- Talk to your parents
- Speak with your GP or Pharmacist

Visit

- <https://spunout.ie/category/health/smoking>
- <https://www2.hse.ie/living-well/quit-smoking>





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Irish Thoracic Society