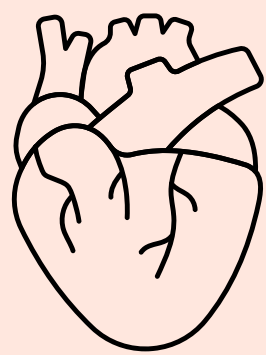




Built to Thrive - Vape Free

How Vaping Affects the Heart

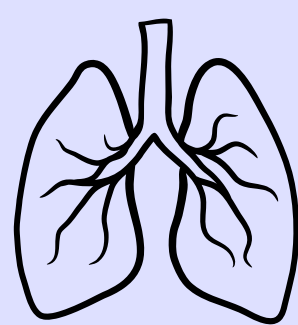
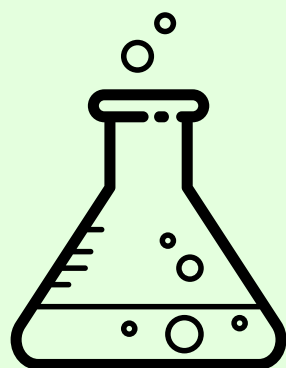


- Increases blood pressure and heart rate
- Causes blood vessel stiffness and clotting
- Raises risk of heart disease, stroke, and heart attacks

This leaflet summarises what your teenager will learn in You and Me NI Vape Free Lesson 2. It focuses on how e-cigarettes affect the body, the risks of vaping, and how the body can heal after quitting.

What's Really in a Vape?

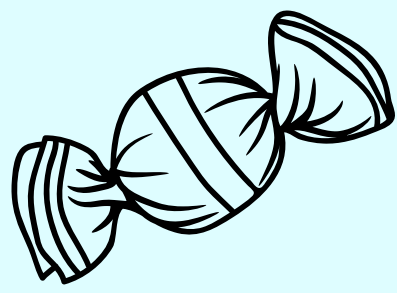
- E-cigarettes don't just produce "harmless water vapour." They release an aerosol containing:
 - Cancer-causing chemicals (e.g. formaldehyde, benzene)
 - Heavy metals (e.g. lead, nickel, arsenic)
 - Toxins also found in paint thinners, car batteries, and pesticides



How Vaping Affects the Lungs

- Destroys healthy lung cells
- Increases risk of asthma, lung disease, and lung cancer
- Can lead to collapsed lungs and vaper's lung

The Hidden Danger of Flavours



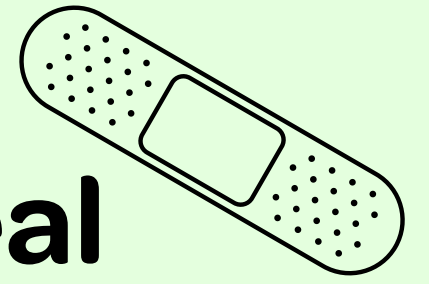
- Flavours like menthol, vanilla, and fruit:
 - Make vaping more appealing to teens
 - Mask the harshness of nicotine
 - Can damage the lungs and heart when inhaled

Support Is Available



- Talk to your GP or pharmacist about Nicotine Replacement Therapies (NRTs)
- [Talk to Frank textline \(82111\)](#)
- [Stanford My Healthy Futures](#)
- Cancer Focus quit services

The Good News: The Body Can Heal



- Within Days to Weeks
 - Heart attack risk drops
 - Lungs begin to heal
 - Breathing and energy improve
- Within Months to a Year
 - Blood circulation improves
 - Cravings reduce
 - Risk of heart disease and stroke lowers



Key Takeaways for Parents

- E-cigarettes are not harmless –they contain toxic chemicals
- Vaping harms the lungs, heart, and overall health
- The body begins to heal immediately after quitting
- Education and support can help your teen stay vape-free