

NCADD-RA

National Council on Alcoholism and Drug Dependence – Rochester Area

Vaping is NOT Quitting!

Don't trade one addiction for another. Understand the Risks. Protect your health.

Smoking is still the leading preventable cause of death and is responsible for over 480,000 deaths in the U.S. each year. Vaping is not a safe alternative to smoking or smoking cessation!

Health Risks

- Can lead to cancer and irreversible lung damage due to high levels of addictive nicotine, harmful chemicals and heavy metals. When heated, nicotine is more potent and absorbed into the lungs and brain faster.
- Increases risk of gum disease and tooth decay.
- Raises potential for developing anxiety, depression, and stress.
- Affects relationships with family and friends and performance in school, at work, or other activities.
- Exposes others to second-hand smoke and associated health impacts.
- Can lead to poisoning by swallowing, breathing or absorbing e-cigarette liquid through their skin or eyes.

Vaping and Adolescents

- Can harm brain development in adolescents through age 25.
- Youth can start showing signs of nicotine addiction quickly, sometimes before the start of regular or daily use.
- Can impact harm the parts of the brain that control attention, learning, mood, and impulse control.
- Adolescents who use nicotine may be more likely to smoke cigarettes in the future and an increased risk for addiction to other drugs.

Symptoms of Withdrawal/Signs of Addiction

- Feeling irritable, jumpy, restless or anxious
- Sadness, depression
- Difficulty sleeping or concentrating
- Craving nicotine or being unable to stop using it
- Developing a tolerance (needing to use more to feel the same)

View more
resources at
ncadd-ra.org



Scientists are still learning about the immediate and long-term health effects of using e-cigarettes. Ask your medical professional about smoking cessation methods that are proven safe and effective such as nicotine gum, patches, inhaler and lozenges and the non-nicotine medications, along with counseling.



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