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# Vaping: Reality Check



Vaping has grown in popularity in Canada but is not without risks. Anyone who vapes or is considering vaping should know the facts about its potential long-term effects on brain development (in youth) and overall health.

## How Much Do You Really Know About Vaping? (circle true or false)

1. Nicotine-containing vaping products alter youth brain development. T / F
2. The low nicotine concentration in vaping products is not addictive. T / F
3. Nicotine can affect memory, concentration, judgment, and mood, especially in youth. T / F
4. Lead is one of the metals most often found in vaping products. T / F
5. Smoking rates have decreased since vaping was introduced. T / F
6. Health Canada has approved vaping as a smoking cessation aid. T / F
7. A single vape pod may contain as much nicotine as a pack of 20 regular cigarettes. T / F
8. Coughing, shortness of breath, and/or chest pain may be signs of vaping-related illness. T / F
9. If vaping recreationally, it is better to use products without nicotine. T / F
10. Severe pulmonary illness and death have been associated with vaping. T / F
11. Vaping produces a harmless vaping cloud. T / F

Answers: 1. T, 2. F, 3. T, 4. T, 5. F, 6. F, 7. T, 8. T, 9. T, 10. T, 11. F

## Knowledge Is Power! Get the Facts Before You Vape

### Did You Know?

**FACT:** Teen vaping rates have doubled in just two years in Ontario.

**FACT:** Over half of teens who vape report vaping with nicotine.

**FACT:** Vaping cannabis has doubled among youth since 2015.

**FACT:** Vaping nicotine can alter youth brain development.

**FACT:** Many vape products contain higher levels of nicotine than traditional cigarettes.

**FACT:** Vaping can cause severe lung disease and has been associated with over 40 deaths in the United States.

**FACT:** Tiny particles of vaping liquid and solids, containing toxic chemicals, are inhaled into the lungs during vaping. This particulate matter may include propylene glycol, vegetable glycerin, formaldehyde, diacetyl (a chemical linked to serious lung disease), and heavy metals such as nickel, tin, and lead.

**FACT:** The health consequences of second-hand exposure to vaping cloud are unknown.

**FACT:** Vaping is not indicated to help quit smoking.



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## The Good News

Health Canada is proposing to lower the nicotine concentration in vaping products as part of an effort to decrease youth vaping rates. It is also illegal to sell or provide vaping products to anyone under the age of 18 in Canada. Some provinces have increased this age requirement to 19 or 21.<sup>1</sup> Certain flavours (e.g., double chocolate dream, cotton candy, gummi bear) have been banned in an effort to reduce appeal to youth.

<sup>1</sup> <https://www.canada.ca/en/health-canada/services/smoking-tobacco/preventing/vaping.html>



## Time to Butt Out?

If you're thinking of quitting smoking, switching to vaping is not a harmless choice. Health Canada has not approved vaping as a smoking cessation tool. There are other, healthier strategies for quitting smoking described on the following websites.

- [canada.ca/quitsmoking](https://canada.ca/quitsmoking)
- [smokershelpline.ca](https://smokershelpline.ca)
- [quitnow.ca](https://quitnow.ca)
- [gosmokefree.gc.ca/quit](https://gosmokefree.gc.ca/quit) or call 1-866-366-3667
- [lung.ca/lung-health/smoking-and-tobacco](https://lung.ca/lung-health/smoking-and-tobacco)

## Make a Better Choice

If you are an adult who smokes or vapes, remember that both of these activities are addictive, and quitting is difficult. Be educated and informed. Familiarize yourself with the risks, dangers, and many unknowns of vaping. Do your part by not offering tobacco or vaping products to your family or friends and especially not to minors. If you are ready to quit, there are a number of ways to get support. You don't have to do this alone. Take control and make a positive impact on your life.



## For more information, visit:

- [canada.ca/en/services/health/publications/healthy-living/talking-teen-vaping-tip-sheet-parents.html](https://canada.ca/en/services/health/publications/healthy-living/talking-teen-vaping-tip-sheet-parents.html)
- [dentalhygienecanada.ca/vaping](https://dentalhygienecanada.ca/vaping)
- [lung.ca/lung-health/vaping-what-you-need-know](https://lung.ca/lung-health/vaping-what-you-need-know)
- [considertheconsequences.ca/](https://considertheconsequences.ca/)

Learn more at [www.dentalhygienecanada.ca/substances](https://www.dentalhygienecanada.ca/substances)