



Vaping

and your health



Key points to remember:

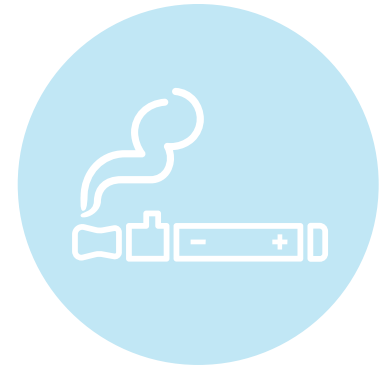
- The best way to protect your health from the harms of vaping is not to vape, which includes not using e-cigarettes.
- Vaping can cause serious lung damage, trouble breathing, or a cough that lasts a long time or does not go away.
- If you vape or used to vape, talk to your doctor or nurse practitioner if you have chest pain, trouble breathing or a cough. Go to the emergency room if your symptoms are serious and you cannot wait to talk to your doctor.
- Young people who vape may be more likely to try smoking cigarettes.
- Vaping devices with nicotine are addictive, which means it can be hard to quit vaping.
- There is not enough information on the long-term harms of vaping to know all related health effects.

If you smoke tobacco:

- Quitting smoking is the best thing you can do for your health.
- More research is needed to find out whether vaping, including using e-cigarettes, helps people quit smoking.
- If you find it hard to quit smoking after trying nicotine replacement therapy, prescription medications and counselling, talk to your doctor or nurse practitioner to find out whether using e-cigarettes might help you quit.

What is vaping?

- Vaping is when you breathe in an aerosol (a vapour or mist) from a vaping device.
- The vapour is made by heating liquid mixed with different flavours, nicotine or other substances inside a vaping device. The device uses a battery to create the heat.
- Vaping devices:
 - do not create smoke like cigarettes do.
 - may be used to heat oils and dried cannabis (sometimes called marijuana, pot or weed).
 - come in many different shapes and sizes. They also have many names, like electronic nicotine delivery systems (ENDS), e-cigarettes and vape pens.



Harms of vaping

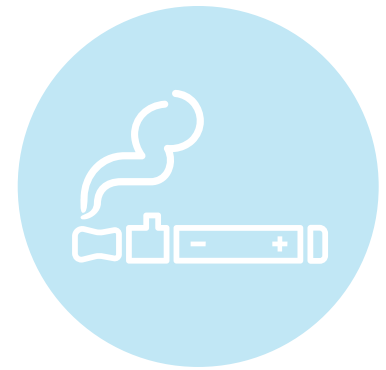
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Vaping may cause:

- A cough that lasts a long time or does not go away.
- Trouble breathing normally, which can be serious and even life-threatening.
- Breathing in poisonous chemicals (including chemicals that can cause cancer).
- Raising your risk of heart attack and stroke if you already have heart disease.
- Injuries from explosions or fires caused by damaged vaping device batteries.
- Poisoning if the vaping liquid touches your skin or if you accidentally swallow vaping liquids.

There is not enough information on the long-term harms of vaping to know all related health effects.

Talk to your doctor or nurse practitioner if you vape or used to vape, and have a cough, have trouble breathing, have chest pain or generally do not feel well.



Vaping can cause serious lung disease

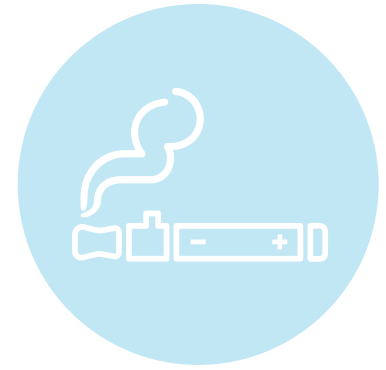
- Many cases of lung disease caused by vaping have been reported in the United States and a few cases reported in Canada. Find out more from the Government of Canada's web page, "[Vaping-Associated Lung Illness.](#)"
- The Centers for Disease Control and Prevention in the United States has reported that many of the lung disease cases are in people who have used vaping products with a chemical found in cannabis called THC (tetrahydrocannabinol).
- There is still a lot we do not know about lung disease caused by vaping.

Vaping and young people

- Many young people, including teenagers, are vaping or using e-cigarettes.
- Some vaping products have a lot of nicotine and are popular with young people.
- Nicotine can harm a growing brain, making it hard for young people to pay attention and learn.
- Vaping products with nicotine can lead to addiction, which means it can be hard to quit vaping.
- Young people who vape may be more likely to try smoking cigarettes.

E-cigarettes and quitting smoking

- More research is needed to find out whether using e-cigarettes can help people quit smoking tobacco.
- E-cigarettes might help some people quit smoking tobacco when they could not quit using recommended options, like nicotine replacement therapy, prescription medications and counselling.
- The Government of Canada has not approved any vaping products to help people quit smoking.
- Quitting smoking is the best thing you can do for your health. If you smoke, talk to your doctor or nurse practitioner for advice on how to quit.



The laws and vaping

- The Smoke-Free Ontario Act, 2017 (SFOA, 2017) does not allow vaping of any substance in enclosed workplaces and enclosed public places, as well as other designated places in Ontario.
- It is illegal to sell or supply vaping products to anyone younger than 19 years old.

For more information about vaping

- Government of Canada website:
canada.ca/en/health-canada/services/smoking-tobacco/vaping.html
- Government of Ontario website:
ontario.ca/page/where-you-cant-smoke-or-vape-ontario

This fact sheet was created in March 2020. Please contact the Population Health and Prevention unit, Ontario Health (Cancer Care Ontario) at cancerprevention@ontariohealth.ca if you have any feedback.

Acknowledgements:

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Disclaimer:

The information provided herein is intended for informational purposes only and is not intended to constitute or be a substitute for medical advice. This guide does not include all information about the health impacts of vaping. Do not act or rely upon this information without seeking the advice of a qualified physician or other healthcare provider. Always ask your healthcare team if you have questions or concerns.

Need this information in an accessible format?

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