

Manitoba Lung Association B R E A T H E

VAPING & YOUR LUNGS

THE MISCONCEPTION

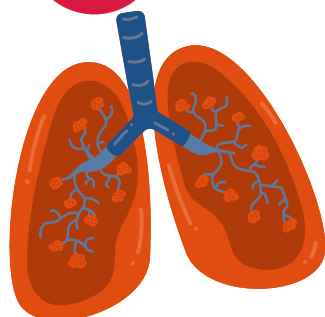
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Public perception is that “*e-cigarettes are less harmful than traditional cigarettes*” This belief may be fueled in part, by a handful of tobacco industry-funded studies, that potentially downplay or cast doubt on the risks associated with vaping. This includes sponsoring studies that highlight potential benefits of vaping or suggest it is a safer alternative to traditional tobacco products, despite evidence suggesting otherwise.



2

WHAT WE KNOW



When scientists studied lung tissue from young adults, collected during surgery, they found that using e-cigarettes changed the way certain genes in the lungs worked.

E-cigarette users had changes in genes related to how cilia (tiny hairs in the lungs) move and how the lung structure is organized. These changes could mean the lungs are being damaged by the e-cigarettes and might cause difficulty breathing in the future.

KNOW THE RISKS

3

Most teens who vape have never smoked regular cigarettes, which is a big problem because it means more young people are getting addicted to nicotine while the long-term health effects of vaping are still not fully understood.

Using e-cigarettes every day might not be a good idea. It could lead to breathing difficulties down the road. It is important to understand the risks before you start using them.

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WHAT THIS MEANS FOR YOU



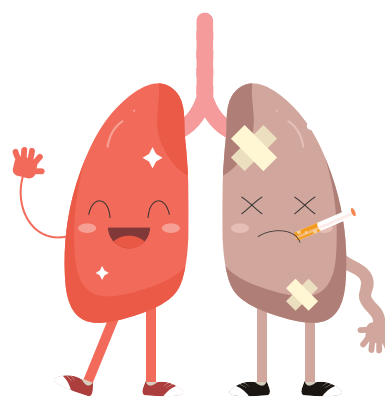
A developing brain is like wet cement; exposing it to nicotine creates imprints that form pathways of dependence to feel alert, good, and focused. This exposure during adolescence disrupts normal brain communication pathways, making addiction easier, quitting harder, and long-term consequences more likely.

The body's development, including the lungs, continues into the early 20s. Nicotine is known to damage this process, meaning your lungs are stunted and prevented from growing to their full potential.

WHAT THIS MEANS FOR HEALTH CARE

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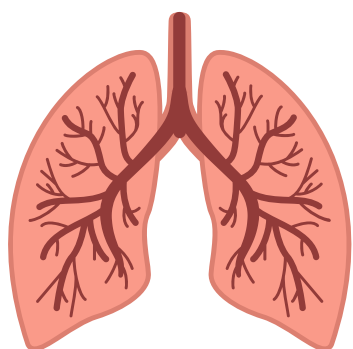
With the popularity of e-cigarette devices on the rise, the evidence suggests the potential for a lung health crisis, similar to what we have witnessed with tobacco use, which kills approximately 45,000 Canadians each year.



It is estimated that 286,000 youth regularly use e-cigarette's.

"YOUR LUNG HEALTH MATTERS"

"UNDERSTANDING E-CIGARETTES: WHAT TEENS NEED TO KNOW"



Know the Risks:

"Using e-cigarettes every day might not be a good idea. It could lead to lung problems down the road. It's important to understand the risks before you start using them."

Stay Informed:



"Talk to your pediatrician if you have questions about e-cigarettes. They can give you the facts and help you make smart choices for your health."

We continue to learn more each day. Stay informed with expert information by visiting mylungsr4life.ca for more information on vaping.



Final Thoughts:

"Your health matters! Make informed choices about e-cigarettes and protect your lungs for a healthier future."

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