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Vaping: what patients should know

Many people believe vaping is harmless, but it can affect your health. Vaping devices heat liquids that usually contain nicotine. Nicotine is highly addictive and can affect the brain, heart, and lungs. Over time, nicotine addiction can make it difficult to stop using these products.

The aerosol produced by vaping devices is not just water vapour. It can contain harmful substances such as fine particles, heavy metals, and other chemicals that may irritate the lungs and airways.



These substances may contribute to breathing problems and other health concerns. Research on the long-term effects of vaping is still ongoing, but current evidence shows that vaping is not risk free.

Vaping products may also expose people nearby to chemicals in the air. For these reasons, health experts recommend avoiding vaping, especially for people who do not already smoke.

If you currently vape, reducing or quitting can improve your health and reduce nicotine dependence. Support and treatment options are available, including counselling and nicotine replacement therapies that may help people quit safely.

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