

FACT SHEET

Smoking/ Vaping

DID YOU KNOW??

Vaping can cause lung damage? Metal particles like tin, nickel and aluminum can be found in Vapes?. You dont want any of these in your lungs.

BACKGROUND INFORMATION

INicotine is the chemical that makes smoking products so addictive.

Smoking is linked to more than two dozen diseases and conditions, including cancer and heart disease. Most of these start to reverse after you quit smoking. Sometimes the benefits of quitting begin in a matter of hours.



SMOKING PUTS YOU AT RISK FOR

- Problems with your heart & blood vessels
- Certain types of cancers
- Lung & respiratory problems
- premature death & other health issues

SECOND HAND SMOKE PUTS YOU AT RISK FOR

- Heart problems
- Lung cancer
- Breathing problems, throat irritation
- premature death



WHAT ARE THE HEALTH RISKS ASSOCIATED WITH SECOND HAND SMOKE?

Second-hand smoke is the combination of smoke coming directly from a burning tobacco product and the smoke exhaled by a person smoking.

Children are especially at risk from second-hand smoke, because their breathing (respiratory) and immune systems are still developing.

Pregnant women exposed to second-hand smoke during pregnancy are at increased risk of problems with their health and the health of their unborn baby. They are also at increased risk of having a low birth weight baby.

Infants exposed to second-hand smoke or whose mother smoked during pregnancy are at increased risk for sudden infant death syndrome (SIDS).



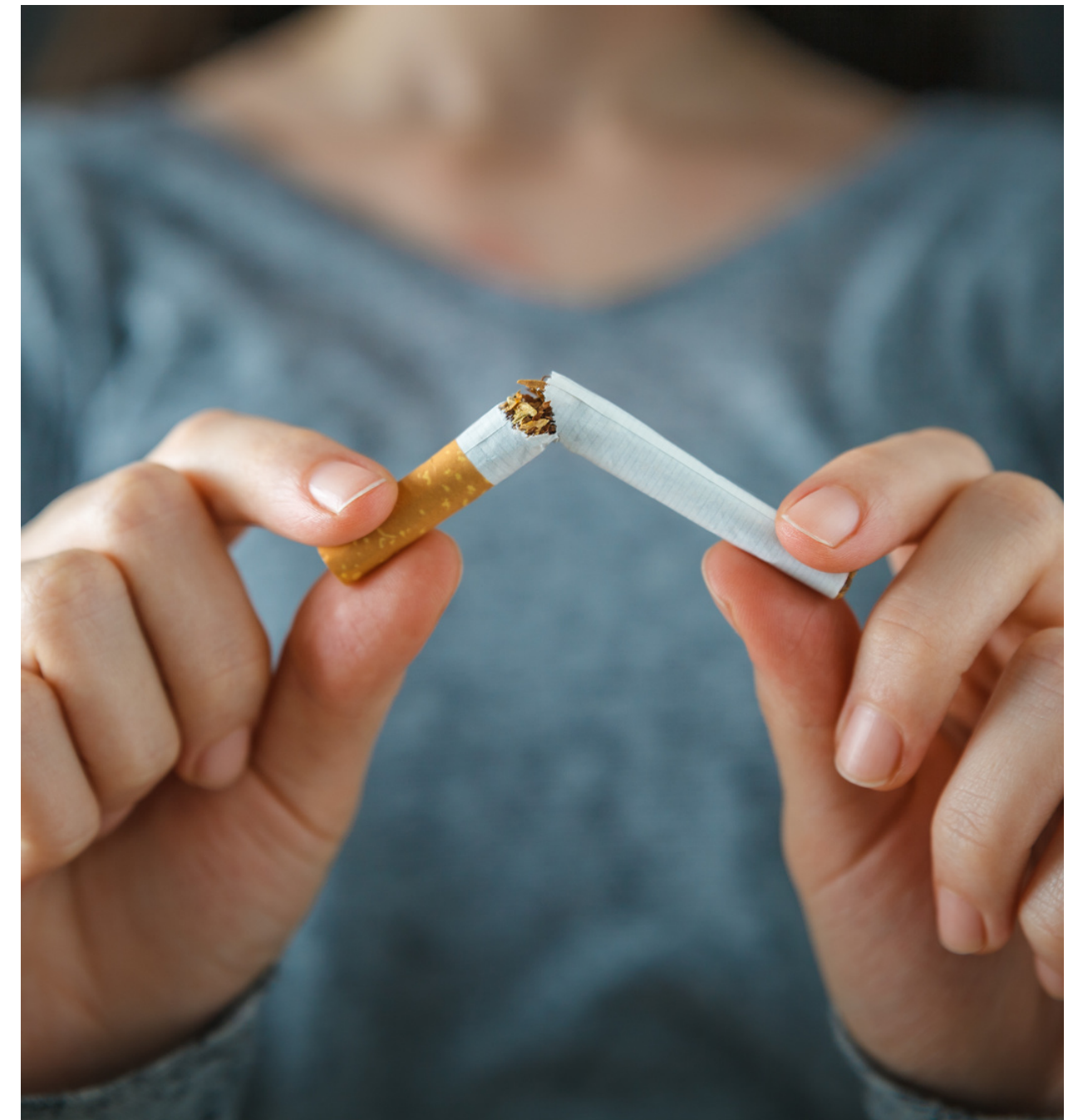
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VAPING

Vaping is the act of inhaling and exhaling an aerosol produced by a vaping product, such as an electronic cigarette. Vaping doesn't require burning like cigarette smoking. The device heats a liquid into a vapour, which then turns into aerosol. This vapour is often flavoured and can contain nicotine.

Vaping products produce an aerosol that may contain dozens of chemicals. The ingredients typically found in vaping liquids are also found in the aerosol. They include:

- glycerol
- flavours
- propylene glycol
- nicotine (possibly)



BENEFITS OF QUITTING SMOKING & VAPING

You will start seeing health benefits soon after you smoke your last cigarette.

After quitting, within:

- **20 minutes** - your blood pressure drops to a level similar to what it was before your last cigarette.
- **8 hours** - the level of carbon monoxide (a toxic gas) in your blood drops to normal.
- **24 hours** - your risk of having a heart attack starts to drop
- **2 weeks to 3 months** - the airways in your lungs relax and you can get more air into your lungs and breathe easier
- **1 to 9 months** - you cough less and your lungs work even better.
- **1 year** - your added risk of coronary heart disease is half than that of a smoker's
- **5 years** - you have the same chance of having a stroke as a non-smoker
- **10 Years** - your chance of dying from lung cancer is much lower. So is your chance of getting cancer in your mouth, throat, esophagus, bladder, kidney, and/or pancreas
- **15 Years** - your risk of coronary heart disease is similar to that of a non-smoker

PROGRAMS AND RESOURCES

- Niagara North Family Health Team - Smoking Cessation Program - <https://niagaranorthfht.ca/programs/smoking-cessation>
- **STOP - Smoking Treatment for Ontario Patients** - provides free NRT products for eligible patients for a period of 26 weeks.
- Information on Vaping - Lung.ca - https://www.lung.ca/sites/default/files/Vaping_FAQs_REV.pdf
- Information on Vaping Video - <https://youtu.be/vbNrlsR-pnI>

