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### **What's in a vape (e-cigarettes)?**

e-cigarettes contain:

- nicotine which is highly addictive, especially to the adolescent brain
- hundreds of chemicals, many considered to be hazardous, such as propylene glycol, glycerine, flavourings, colourings, cancer causing chemicals such as formaldehyde, acetaldehyde, acrolein, chemicals known to cause DNA damage, toxic metals, paint thinner, bug sprays, biofuels

References:

[What's in an e-liquid? | Quit Vaping Facts](#)

[18.5 Chemicals in e-liquids and e-cigarette aerosols - Tobacco in Australia](#)

### **Issues with vapes**

**Physical, mental and sexual health:** issues noted so far include irreversible lung damage, heart issues, linked with depression, erection issues for males, and the poisons in vapes are known to cause a range of cancers long term

**Environmental issues:** vapes contain poisonous liquid, plastics and electronics, are not being disposed of properly and are ending up in waterways and the environment

**Passive/secondary** (breathing the vapour from others' vaping) and **tertiary vaping** (the poisonous chemicals from vaping stay on surfaces), meaning others inhale and/or come into contact with the hazardous aerosol/chemicals

Vapes (e-cigarettes) exploding, causing burns, often on the face or around genitals (as vapes kept in pockets)

Vapes have not been around for long enough to know all of the health and environmental impacts that will occur into the future.

Reference: [Homepage | Quit Vaping Facts](#)