



HARD FACTS: VAPING HEALTH RISKS

**Every parent and educator in Australia needs these facts
to protect young people from Vaping health dangers**

From Australia's leading vaping prevention educators



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What you need to know

E-cigarettes contain harmful chemicals found in industrial products like embalming fluid and weed killer, causing severe health complications that can affect both children and adults within days of use.

The statistics

Current health crisis

- 178 Australians, including children as young as two years old, are currently **struggling with severe complications from vaping**
- Emergency rooms are treating young, otherwise healthy vapers for **lung injuries, cardiovascular issues, and even cases of sudden death**
- In just 15 years, vaping is already showing health effects similar to **decades of smoking**
- Vapers often have more **severe symptoms when they get colds**, and recovery takes longer
- Vaping's health effects can onset in days, **showing symptoms like cough, nausea, and even lung damage** similar to pneumonia
- Vaping's short-term effects include **chest pain, nausea, vomiting, and respiratory issues**

Chemical dangers

Nickel and lead

- Illegal, unregulated vapes can contain metals like nickel and lead at 5 to 10 times the safe level

Formaldehyde

- E-cigarettes can have 5 to 15 times higher quantities of formaldehyde than tobacco cigarettes
- Formaldehyde in e-cigarettes is a human carcinogen, usually found in funeral homes as an embalming liquid

Acrolein

- Acrolein, found in e-cigarettes, is also an ingredient in weed kille

Diacetyl

- Diacetyl, a chemical used for flavouring in e-cigarettes, can cause "popcorn lung," where lung passageways become obstructed and inflamed

Propylene glycol

- Propylene glycol found in vapes is toxic to human cells and can trigger anaphylaxis in some people

Vitamin E

- Vitamin E, when inhaled through vaping, can be linked to lung damage

Specific health risks

- Formaldehyde in e-cigarettes can increase the chances of developing brain conditions such as **brain tumours, Alzheimer's disease, and Parkinson's**
- Vaping can worsen breast cancer by promoting the growth of blood vessels that feed **cancer tumours** and helping cancer spread to other parts of the body
- E-cigarette use is strongly associated with **heart arrhythmias**, particularly with menthol flavors
- Vaping is associated with a **52% increased risk of stroke**, driven by vascular inflammation and blood pressure elevation
- E-cigarette users are at a **higher risk of heart failure**, especially for heart failure with preserved ejection fraction

Flavour-specific risks

- Vanilla impairs **blood vessel function** the most
- Strawberry causes the **most cell death**
- Cinnamon can **impair the lungs' ability to eliminate mucus**

Youth and mental health



30%

of teenagers who begin vaping start smoking traditional tobacco products within six months



64%

Children whose parents vape are 64% more likely to vape themselves

- Students who reported stress were found to be **74 to 64 percent** more likely to have tried e-cigarettes than students who did not experience much stress
- Vaping is linked to mental health issues, including **increased anxiety, stress, and depressive symptoms among teenagers**
- Nicotine exposure from vaping in teenagers can **negatively impact memory, attention, and increase addiction risks**
- Nearly 30% of Australians aged 18–24 who vape report using devices with **unregulated ingredients**
- Over half of Australians who vape daily report **symptoms of nicotine dependence**, with younger adults reporting the highest levels

What this means for you

Every puff from a vape can deliver dangerous chemicals directly to the lungs. The health effects start immediately and worsen over time. Young people face the highest risks, with damage to their developing brains and bodies that could last a lifetime.

What you can do

1. Learn the warning signs of vaping use
2. Know the symptoms of vaping-related illness
3. Talk to healthcare providers about vaping risks
4. Support young people trying to quit



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