

Episode 1

Protect your lungs – the hidden dangers of vaping

Vapes contain hundreds of toxic chemicals. These can cause lung damage that include symptoms like difficulty breathing, shortness of breath, coughing, or wheezing. Some of these chemicals may also lead to skin conditions, chest pain, as well as premature ageing. You may recognise some of the known chemicals in vapes, which include:



Heavy metals like nickel commonly found in batteries



Formaldehyde found in a lot of products like wood, glues and is even used to preserve dead bodies



Benzene something that is toxic and found in car exhaust and bug spray



Cancer-causing chemicals like acrolein which is found in weed killer



Phthalates that are used to make plastics



Pesticides used to kill or control pests

In addition to these chemicals, the use of vapes has been linked to poisoning, injuries, burns, and even seizures. They can also cause an irritated throat and nausea, and nicotine sickness sometimes called nic-sick. This occurs due to an excess intake of nicotine, which we know is usually found in vapes, and is highly addictive. Not only can these chemicals cause lung damage, but vaping can result in nicotine addiction and cigarette smoking or dual use in the future. Smoking alone is linked to a number of health risks.



Vaping is not worth the risk!

If you're ready to quit, there are options to support you through this. **Quitline offers free support, call them today 13 7848.** If you live in VIC, SA, NT or WA you can also **text 0482 090 634** or **send a WhatsApp message to +61 385 832 920.**

Free nicotine replacement therapy is available for Queensland residents under 30 who use Quitline.



Are you still paying attention?

Learn more about vaping here.



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