



Why you should stop.

The dangers of vaping

Before and after



Symptoms and side effects of vaping

Side effects you probably have, but are unaware

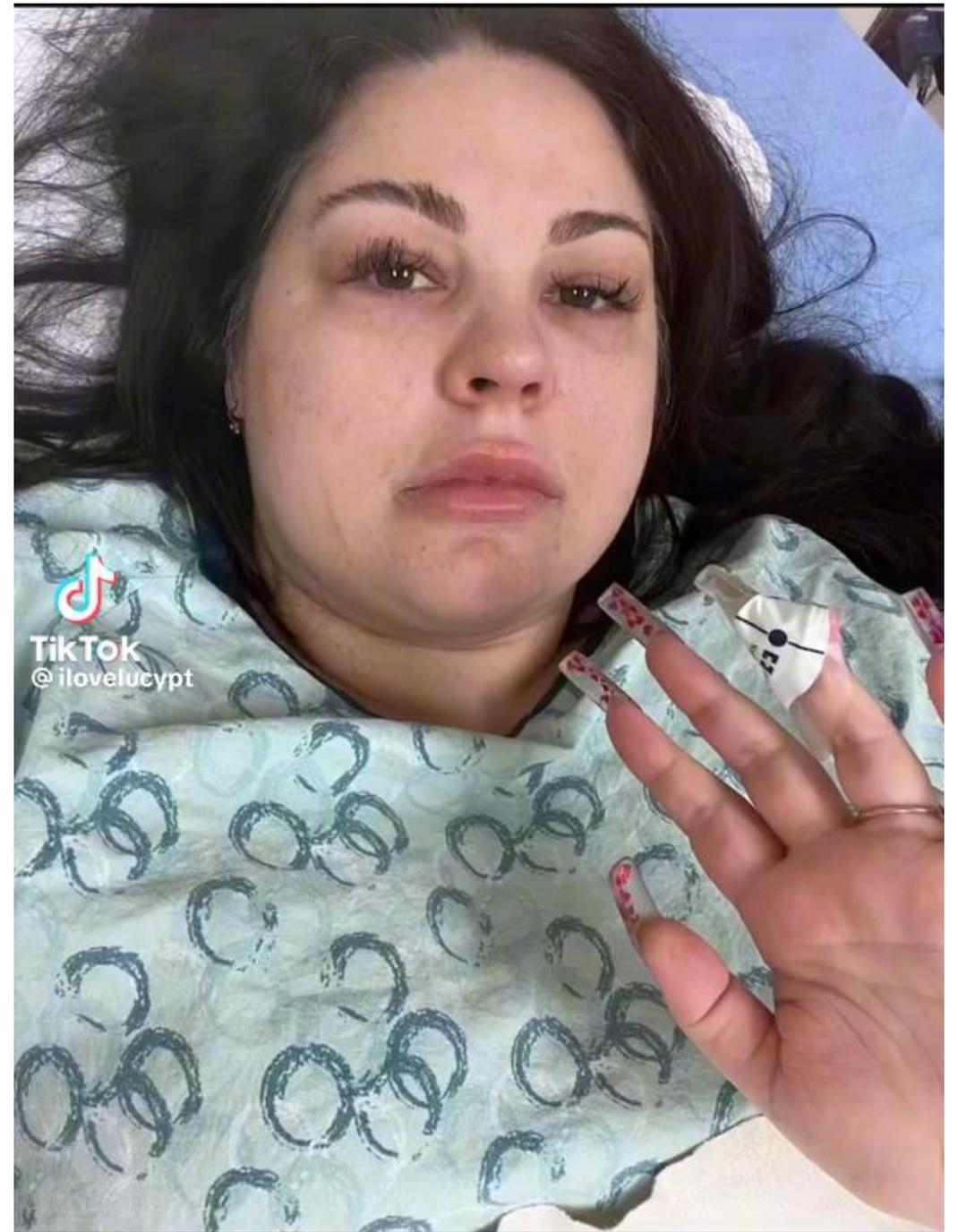
- Coughing
- Nausea (feeling sick)
- Dry mouth
- Headaches
- addiction

Long term side effects

- Seizures
- Lung disease
- Heart problems and disease
- Poisoning
- Brain damage
- Paralysis
- Death

Real life...

She's been told she has to be on a oxygen machine by the age of 30 if she makes it



Families are affected too..



Research

- How long did it take to figure out smoking was harmful?
- It took more than 100 years of research, discussion, and debate to reach our current knowledge of the risk.

- When did vapes start in the UK?
- 2005

Quitting vaping

- Nicotine gum substitute
- 0 nicotine vapes
- Cold turkey (fully stopping)

Ways to reduce vaping and quit.



This is inside of a vape with mixed metals for example, Lead,chrome,nickel.