

## VAPING NICOTINE AND THE HEART\* (2024)

Data from the CDC reveals that disposable e-cigarette use has increased 1,000% among high school students and 400% among middle school students in the last five years.

*What does nicotine do, and why is it dangerous?*

- ♥ Nicotine causes adrenaline spikes
- ♥ Nicotine constricts blood vessels



- ♥ Heart rate goes up
- ♥ Blood pressure goes up
- ♥ Risk of arrhythmias
- ♥ Risk of heart attack



- ♥ Youth who use nicotine are much more likely to use traditional cigarettes



- ♥ Significantly increased risk of heart attack and stroke
- ♥ Traditional cigarettes kill half of the people who use them long-term

Besides the effects on the heart...

- ◆ Nicotine is toxic and highly addictive
- ◆ Nicotine has been shown to harm brain development in people younger than 25
- ◆ Nicotine negatively impacts attention, learning, mood, and impulse control
- ◆ Nicotine use is linked to chronic lung disease

According to the CDC, e-cigarettes should not be used by youth, young adults, or people who are pregnant.

\*Data compiled from CDC, NIH, and AAP