

Some Reasons Why Vaping is NOT Safe

Source: <https://truthinitiative.org/>



Current e-cigarette users have double the odds of having a diagnosis of depression compared to those who have never vaped

According to a 2019 JAMA study, frequent vaping is tied to 2.4 times higher odds of having a diagnosis of depression compared to people who have never vaped.

Researchers also believe that trace metals in vape liquid may play a role in the potential link between vaping and depression.

Vaping can worsen symptoms of depression

Based on the results of a 2017 study of nearly 2,500 ninth graders who had never previously used e-cigarettes or combustible tobacco, those who used e-cigarettes at a higher frequency were associated with higher depressive symptoms.

This also included feeling sad or having crying spells - a year later.



Nicotine use is associated with higher levels of conditions like ADHD

A 2019 study of U.S. college students found that vaping is significantly associated with higher levels of ADHD symptoms, and **nicotine dependence was correlated with greater anxiety symptoms.**

Plan your Quit Day Now!

To sign up for FREE one-on-one counseling, as well as patches, gum, and lozenges, call 919-245-2480 or email Rita Krosner smokefreeoc@orangecountync.gov.



ORANGE COUNTY
HEALTH DEPARTMENT