

HEALTH EFFECTS OF VAPING¹

- Increased Heart Rate
- Increased Blood Pressure
- Decreased Concentration and Memory
- Increased Risk of Cancer
- Irritation to Lungs and Airway
- Higher Levels of Nicotine Addiction
- Higher Odds of Developing Asthma

1. Selekman, J. (2019). Vaping: It's all a smokescreen. *Pediatric Nursing*, 45(1).