

What Can Vaping Do To You??

There are dangerous chemicals used in vapes causing problems like lung and heart disease.

There are harmful additives used in vapes which generate toxic small particles. These particles can travel inside the lungs and plant themselves in the lung's narrow airways.

It has been found that one of the common chemicals used is so toxic that it has been primarily used as a weed killer and can cause lung injury and asthma. The Irish cancer society has warned against vapes explaining how the damage and inflammation they cause in the body could lead to cancer.



Nicotine used in vapes affects the brain which is still developing until a person reaches their mid 20's. Nicotine is also highly addictive, causing unhelpful cravings and increased heart rate.

There is still a lot that is unknown about the dangers of vaping. Experts do not fully know the long-term risks that vaping could have but are concerned for young people who have adopted vaping into their lifestyle. This is why it is so important that laws are put in place and that young people know the facts.

Ireland is behind on this area of law compared to other EU countries. Health organisations believe that even stronger legislation is needed to deal with vaping, and some believe there should be a full ban on vapes in Ireland!

