

WHAT'S IN YOUR



BLUEPLAID.ORG



IT'S NOT JUST WATER VAPOR!

Formaldehyde

Used to preserve dead bodies. It causes cancer and can lead to lung damage. Formaldehyde also leads to skin and digestive system damage.



VAPING ILLNESSES ...

Popcorn Lung is caused by the inhalation of a chemical in many vapes, known as Diacetyl. It inflames internal air passages and can leave scar tissue. These effects make it difficult to breathe and cause excessive coughing. There is no known cure or treatment for this condition.

Lipoid Pneumonia is different than regular pneumonia because it enters the respiratory system through oils in vapor. Symptoms can include coughing, difficulty breathing and blood in your mucus.

Collapsed Lung occurs when blisters and tiny tears are present in the lungs and worsened by an external cause, such as vaping. When a patient has collapsed lung they may be treated with supplemental oxygen, chest tubes or surgery.

Toluene

Commonly used as a paint thinner. Toluene is highly toxic and can cause headaches, nausea, and breathing difficulties

Acetone

Commonly used in nail polish remover. Acetone can irritate the eyes and depress the central nervous system.

Benzene

Benzene is a widely used industrial chemical. It's found in crude oil and a major part of gasoline. Benzene can lower bone marrow and affect blood cell levels.

Nickel

Commonly used in stainless steel, car production, magnets, and batteries. Nickel can cause cancer, lung damage, and immune system failure.

VAPE?

Cadmium

Used in batteries, Cadmium causes damage to the liver, kidney, and brain. This chemical takes years to leave the body.

Lead

Used in car batteries. Lead is highly toxic and has been banned for use in many products. Lead poisoning stunts growth, causes brain damage, and can lead to death.

Acrolein

Used as a herbicide to control weeds and algae. It is a toxic irritant to the skin, eyes, and nasal passages.

HARMFUL EFFECTS TO THE BODY...

BRAIN

Addiction • Headaches • Dizziness • Seizures • Memory Loss
Tremors • Anxiety • Restlessness • Confusion • IQ Decline
Attention, Learning, and Mood Disorders • Hallucinations

EYES, MOUTH, THROAT

Dilated Pupils • Bloodshot Eyes • Irritation
Blurry vision • Gum disease • Sore throat

LUNGS

Rapid, Shallow Breathing • Coughing • Wheezing
Permanent lung damage

HEART, ARTERIES

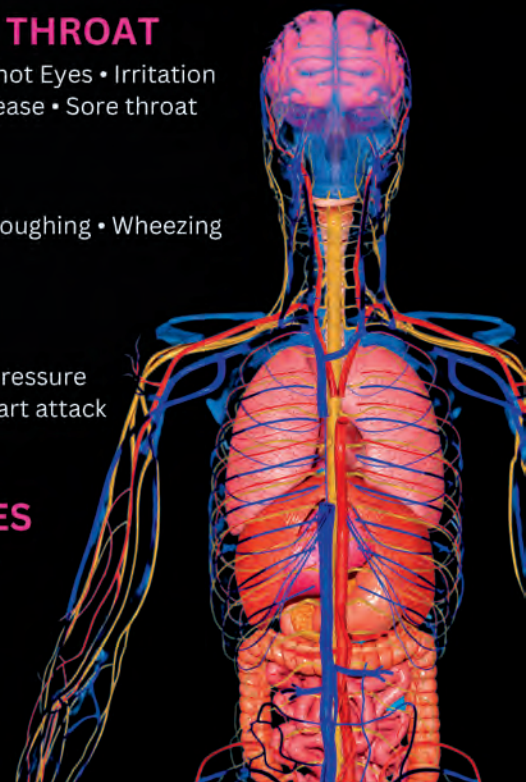
Increased heart rate and blood pressure
Chest pain • Increased risk of heart attack and stroke

STOMACH & INTESTINES

Vomiting • Nausea • Abdominal pain
Constant Hunger

IMMUNE SYSTEM

Weakened immune system
increasing your risk of illness



BE SMART. DON'T START.