Most vapes have an extremely high nicotine content. Nicotine is a chemical that can negatively affect your body. Four of your important organs are impacted the most by nicotine:

**Your Heart:**
- Nicotine raises your blood pressure
- Spikes your adrenaline
- Increases both your heart rate and the risk of having a heart attack
- Decreases your ability to play sports or perform arts at the highest level

**Your Skin:**
- Nicotine narrows blood vessels and impairs blood flow
- Causes dry and dull skin
- Leads to early aging lines, wrinkles, and sagging skin
- Causes possible acne or rash because of vape aerosol cloud skin contact

**Your Lungs:**
- Nicotine and other chemicals released while vaping can cause irritation and inflammation in the lungs
- Destroys air sacs which decreases lung capacity and impacts breathing
- Increases risk for permanent lung damage

**Your Brain:**
- Nicotine rewires your brain and creates an addiction that is hard to break
- Impacts mood swings, attention span, impulse control, and learning ability
- Increases risk of effects being permanent due to brain growth during the teens

Want to quit? Scan here: [QR Code]