

Factsheet

Vaping

Vaping is not safe. There are many health risks that we do not yet know about.

A lot more research is needed to understand how vaping affects health.

How does vaping affect the mouth?

The 'cloud' from vaping is a fine spray of chemicals that are breathed into the mouth, and then the lungs.

Vaping can:

- Cause a dry mouth, mouth burning or irritation, bad taste, bad breath, and/or the top surface of the tongue to become black.
- Cause changes to the soft tissues in the mouth, for example the gums or tongue.

Vaping has not been around long enough for health experts to know all the effects it can have on the mouth and body. Health experts think vaping is likely to cause mouth cancer.

Is vaping safer than cigarettes?

Vaping is not recommended as a replacement for tobacco smoking. It is also not recommended as a method of quitting tobacco smoking.

E-cigarettes should not be considered safer than smoking conventional cigarettes.

Is vaping addictive?

Vaping can be addictive when e-cigarettes include nicotine. Vape liquids are not always nicotine-free. Nicotine has been found in many liquids that claim to be nicotine free. Nicotine is addictive and can damage the brain while it is still developing.

