



Why is vaping harmful?



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Risks associated with vaping



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Vapes are less harmful than conventional cigarettes, but there are still many risks associated with vaping.

Risks of vaping nicotine includes:

Physical dependence and/or addiction



Short-term increases in blood pressure and heart rate



Exposure to harmful chemicals and metals



Short-term symptoms such as throat irritation, nausea, and coughing



Many long-term risks are still unknown



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