# SMOKING VS. VAPING: THEY BOTH SUCK

**ACETALDEHYDE**
Carcinogen found in cigarette smoke. It irritates the skin, eyes, mucous membranes, throat, and respiratory tract.

**ACROLEIN**
Used as a herbicide to contorl weeds and algae. It is a toxic irritant for skin, eyes, and nasal passages.

**NICKEL**
Commonly used in stainless steel, magnets and batteries. It causes cancer and can damage your lungs and immune system.

**LIQUID NICOTINE**
The most dangerous part of a vaping device might be the liquid nicotine.

It is highly addictive and toxic. Even small amounts of liquuid nicotine absorbed through the skin or swallowed can cause vomiting and seizures, and can be fatal for a child.

The refill containers aren't childproof. Often referred to as e-juice, liquid nicotine comes in candy flavors and colors that appeal to kids.

**THESE CHEMICALS ARE PRESENT IN BOTH CIGARETTES AND VAPING**

**PROPYLENE GLYCOL**
Commonly used the theatrical fog. It is considered safe when ingested, but little is know about long-term health effects when inhaled. The tobacco industry claims they add it to keep tobacco from drying out.

**LEAD**
Used in car batteries. It is highly toxic and has been banned from paint products. Lead poisoning stunts growth, causes nausea and vomiting, and damages the brain.

**ACETONE**
Commonly used in nail polish remover. It can irritate the eyes and may depress the central nervous system.

**CADMIUM**
Commonly used in batteries. It causes damage to the liver, kidneys, and brain. It can stay in the body for years.

**FORMALDEHYDE**
Embalmers use it to preserve dead bodies. It causes cancer and can damage your lungs, skin and digestive system.

**TOLUENE**
Commonly used ingredient in paint thinner. It is highly toxic. Exposure to even low levels can cause headache, nausea, and wheezing.

**ARSENIC**
This deadly poison makes your lips burn and your brath turn bad.

**PHENOL**
Phenol is a chemical used in disinfectant. The kind you use to clean a laboratory.

**AMMONIA**
Scientists have discovered tht ammonia helps you absorb more nicotine-keeping you hooked on smoking.

**BUTANE**
Highly flammable butane, is one of the key components of gasoline.

**BENZENE**
Is found in pesticides and gasoline.

**BENZO(A)PYRENE**
You'll find it in tar and cigarette smoke. It's one of the most potent cancer-causing chemicals in the world.

THE LOUISIANA CAMPAIGN FOR
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A Program of the Louisiana Cancer Research Center and the Louisiana Public Health Institute