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 control 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 liquid 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.

PROPYLENE GLYCOL
Commonly used the theatrical fog. It is considered safe when ingested, but little is known 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.

THESE CHEMICALS ARE PRESENT IN BOTH CIGARETTES AND VAPING

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

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

AMMONIA
Scientists have discovered that 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 TOBACCO-FREE LIVING
A Project of the Louisiana Cancer Research Center and the Louisiana Public Health Institute.