



Vaping Prevention: A Remote-Learning Curriculum



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Which of the following is NOT true of how vaping affects your body?

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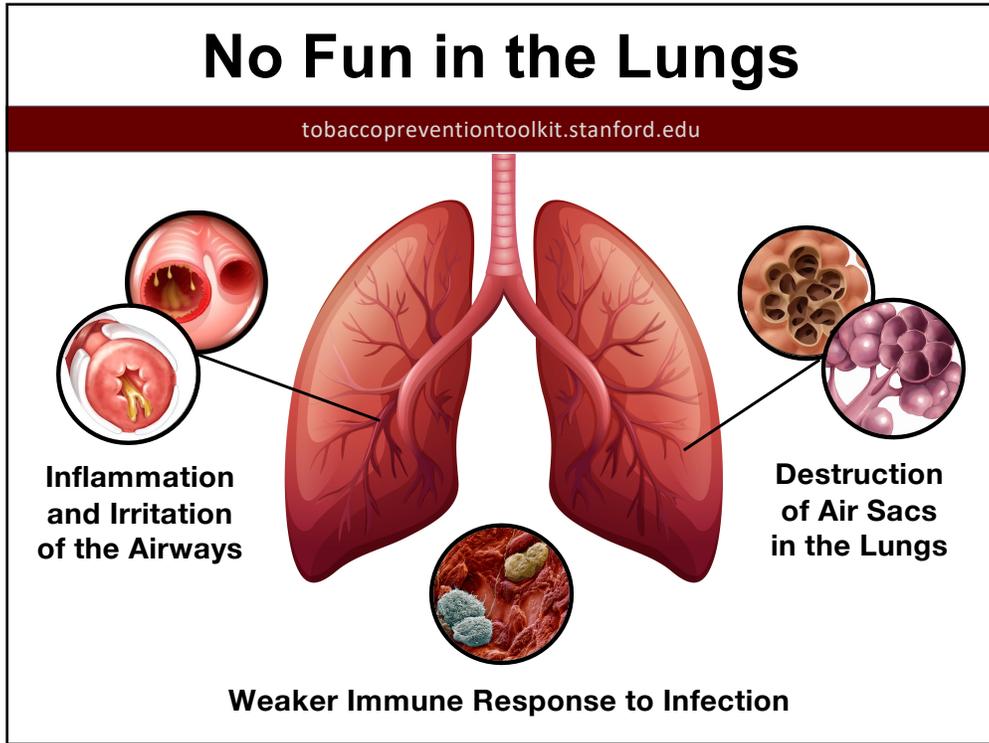
A. flavors and other chemicals impair lung function

B. the aerosol increases your risk for developing heart or lung disease later in life

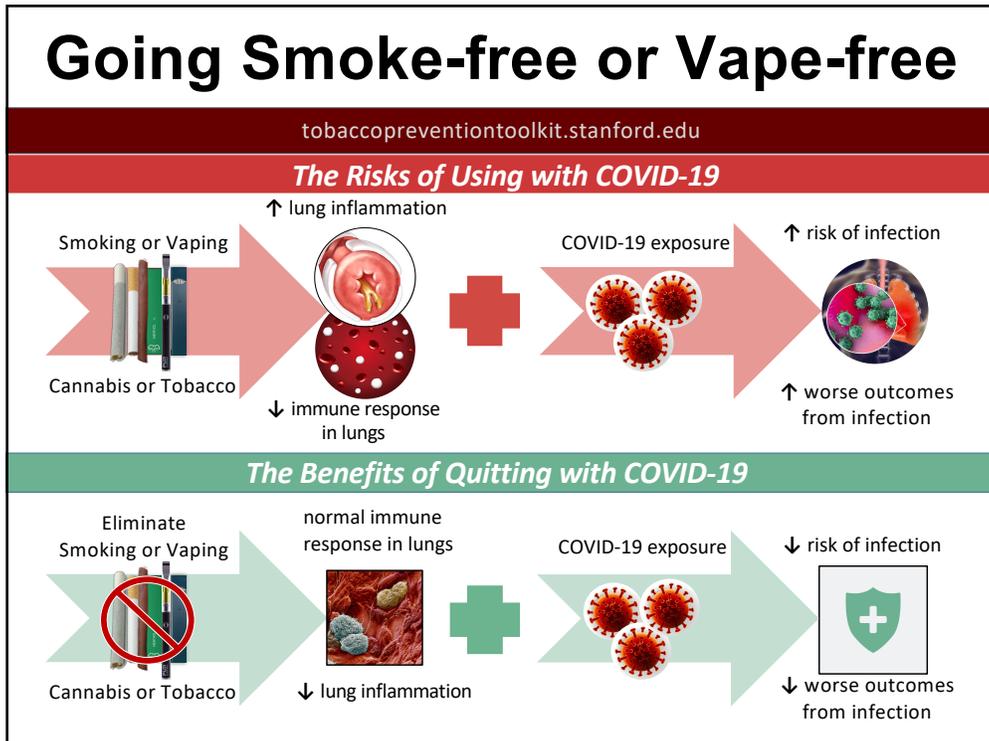
C. they are healthy for adults

D. nicotine tricks the brain into thinking it needs more nicotine

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A Hit to the Heart

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Aerosol Impairs Blood Vessel Function

↑ Risk for Blood Clotting

↑ Stiff Blood Vessels = ↓ Blood Flow Throughout Your Body

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Risk for Heart Attack

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GOOD NEWS:
Risk goes down immediately after you stop smoking or using e-cigarettes

exercise diet race family history

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What the Industry Isn't Telling Us



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Key Take-aways

	<p>Aerosol chemicals released from e-cigs/vapes/JUUL/Puff bar damage the lungs and heart and ↑ the risk for developing lung or heart disease now and later in life</p>
	<p>Going smoke- or vape-free allows the lungs to do their job and have a normal immune response and ↓ the risk and severity of a coronavirus or COVID-19 infection</p>
	<p>The risk of having a heart attack ↓ immediately after someone stops using cigarettes or e-cigarettes</p>

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	<h1>Quick Check-In</h1>
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	<p><i>Please Answer Questions 11-17</i></p>
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