



Effects of Vaping

Vaping can take a toll on your mental and physical health, especially your lungs and overall well-being. To protect your health from the harmful effects of vaping, it's important to consider quitting or avoiding vaping altogether.

Vapes contain nicotine

Most vapes contain nicotine which has known negative health effects and is highly addictive. Nicotine exposure can also be toxic. Children and adults have been poisoned by swallowing, breathing or absorbing vaping liquid through their skin or eyes.

Signs of nicotine addiction

With repeated use, nicotine can make you think you need to vape just to feel okay. Signs of nicotine addiction include craving nicotine, being unable to stop using it and an urge to use more to feel the same. Nicotine addiction can also affect relationships with family and friends, work performance or other activities.

Simple. Transparent. Versatile.

At Meritain Health®, we're creating unrivaled connections.

Follow us:  @meritainhealth |  Meritain Health

www.meritain.com | © 2025-2026 Meritain Health, Inc.

When you quit nicotine, your body and brain need time to adjust. Symptoms of nicotine withdrawal may include:

- Feeling irritable, jumpy, restless or anxious.
- Feeling sad or down.
- Having trouble sleeping.
- Having a hard time concentrating.
- Feeling hungry.
- Craving nicotine.

Withdrawal symptoms fade over time as the brain gets used to not having nicotine.

Nicotine addiction and mental health

Nicotine addiction can harm your mental health and be a source of stress. The effect of quitting vaping includes:

- Lowering your levels of anxiety, depression and stress.
- Improving your mood and quality of life.

Sources:

<https://www.cdc.gov/tobacco/e-cigarettes/health-effects.html>.

<https://www.lung.org/quit-smoking/e-cigarettes-vaping/impact-of-e-cigarettes-on-lung>.

Meritain Health®
an  **aetna** company