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# SKIN DEEP I'm a dermatologist – here's all the ways vaping is 'destroying your skin' from acne to wrinkles

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CLOSE to 3.2million adults vape in the UK, data from the Government shows.

The NHS states that they are less harmful than smoking and can be used as an aid to cut out **cigarettes**.

However, a growing body of studies have shown that e-cigarettes do not come without risk.

Studies have suggested could be **as bad for your heart as regular cigarettes**.

Nicotine – the substance that makes cigarettes and e-cigs addictive – is linked to greater risk of heart conditions, research has found.

Scientists at the University of Wisconsin found vaping puts the body into 'fight or flight' mode, increasing heart rate, blood pressure – creating a greater need for oxygen, as well as damaging artery walls.

Professor Matthew Tattersall, who led the study, said: "Immediately after vaping or smoking there were worrisome changes in blood pressure, heart rate, heart rate variability and blood vessel tone.

"These findings suggest worse cardiovascular disease risk factors right after vaping or smoking."

Meanwhile, **research has also shown a rise in children under the age of nine being admitted to hospital** with breathing problems linked to vaping.

In most cases, problems have been related to respiratory issues, with a recent study finding that vapes cause **significant lung damage**.

And studies have **found vapers are more likely to be exhausted**, suffer blurred vision and constipation.

## SKIN DEEP

But, now dermatologists have warned that the liquids in vapes could also be damaging your skin.

Speaking to The Sun, Dr Charlotte Woodward, dermatologist and clinical director at River Aesthetics, said nobody really talks about how detrimental vaping could be for your skin.

Dr Woodward, who is working with RegenLabs, said nicotine can impact the skin's appearance.

"Nicotine acts as a vasoconstrictor and causes blood vessels to narrow, reducing oxygen and nutrient supply to the skin," she said.

"In turn, this causes the skin to become severely dehydrated, which impacts overall elasticity, leads to premature wrinkles, and causes the skin to sag."

What's more, Dr Salome Dharamshi, dermatologist and founder, of **The Sky Clinic** said that while vaping can accelerate the ageing process, it can also make the skin more likely to become inflamed and prone to infections.

"This happens because when vaping, the skin cells are exposed to numerous toxins, which impacts their normal functioning.

"The nicotine in vape liquid can also lead to a breakdown of collagen, which causes lines, wrinkles and sagging skin," Dr Dharamshi said.

And the potential damage doesn't stop there.

Dr Victoria Manning, co-clinical director at River Aesthetics, said that nicotine can also impact the skin's natural healing abilities.

"It's been linked to chronic skin conditions, including psoriasis, melanoma, and various skin cancers," she said.

"If you already suffer from a chronic skin issue, including eczema then vaping can exacerbate the issue, and impact how it heals after a flare-up."

However, it's not just the nicotine that's a problem, as Dr Manning said the liquids also contain other toxic chemicals which can break down the skin's natural defence barrier.

“This can make the skin prone to sensitivity, chronic inflammation, and even lead to pigmentation issues causing blotchiness, discolouration, and accelerated sunspots,” she said.

When it comes to other side effects related to vaping, Dr Dharamshi said it can also cause puffiness around the eyes, as well as wrinkles near the eyes and lips.

“Just overall dull and tired-looking skin. It can also lead to hyperpigmentation and other skin blemishes and discolouration,” she said.

## Related Images



Dermatologists have revealed that vaping could be damaging

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