**Vaping**

Vaping is the action or practice of inhaling and exhaling the vapor produced by an electronic cigarette or similar device.

**How these Devices Work:**

* E-cigarettes produce an aerosol by heating liquid that can contain nicotine, flavors, and other chemicals.
* The liquid used in e-cigarettes are often referred to as “e-juice/liquid,” or “vape juice/liquid.”
* Users inhale the aerosol into the lungs.
* Bystanders can also breathe in this aerosol when the user exhales it into the air.
* E-cigarette devices can be used to deliver marijuana and other drugs.

**Health Risks Associated with Vaping:**

* Brain Damage
* Gum disease, bad breath, and increased risk of cavities
* Heart disease with increased risk of heart attack
* Lung disease
* Increased risk for stomach issues such as acid reflux which can cause ulcers
* Decreased circulation
* Addiction
* Decrease or loss of senses
* Death

**Benefits of Quitting Vaping:**

* Lung function improves greatly reducing risk of lung disease
* Circulation improves
* Heart function improves
* Senses improve and often fully return
* Your breath smells better, the risk of gum disease and cavities reduces
* Reduces stomach acid
* Brain function increases

**How Do I get ready to quit?**

* Know why you are quitting, make a list of the benefits.
* Tell your supportive friends.
* Know your patterns/routine when it comes to vaping. Make changes to that routine.
* Get rid of any vaping products you have.
* Exercise.
* Low calorie snacks may help.
* Stay well hydrated.
* Get plenty of sleep.
* Save the money you would have spent, when you’re ready, treat yourself to something with that money.

**What are some methods to help me stop vaping?**

* Just stopping.
* Spacing out the times you vaping.
* Nicotine replacement such as patches or chewing gums. With this method, you will still need to address the need for nicotine.
* Scheduling an appointment at the ***ATU*** ***Health and Wellness Center***. You can discuss medications, such as Wellbutrin (Bupropion), with an APRN that may be able to help with nicotine withdrawal.
* Schedule an appointment with a counselor in the ***Health and Wellness Center*** who may be able to address worries and assist with behavior modification.
* Call the tobacco quit line, the toll free number is ***1-800-Quit-Now (1-800-784-8669).***