

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

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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)**.