

THE ADOLESCENT BRAIN CONTINUES DEVELOPING UNTIL ABOUT 25

SINCE ADOLESCENT BRAINS AREN'T FULLY DEVELOPED, THEIR BRAINS ARE MORE SUSCEPTIBLE TO BEING DAMAGED BY OUTSIDE SUBSTANCES

VAPING & MENTAL HEALTH

There has been an alarming increase in the popularity and usage of vapes among young people. In addition to the detrimental physical effects, vaping has been found to have a negative impact on one's mental health. Oftentimes young people start vaping due to their mental health as a way to reduce feelings of stress, anxiety or depression.

However, numerous peer-reviewed studies revealed nicotine can worsen symptoms of mental health conditions, including worsened depression, suicidal ideation and suicide attempts when compared to non-users. Furthermore, if a young person tries to quit vaping, they may experience increased anxiety and depression as part of withdrawal, making it less likely they try to reduce or stop their usage.

It's critical to raise awareness about the association between vaping and mental health among young people so they can make well-informed, healthy decisions.



VAPING 101



- Legal age of sale for tobacco products, including vapes & accessories, in the U.S. is 21
- Vaping refers to the inhalation of aerosols produced by battery-powered devices that heat liquid solutions, also known as e-liquid or e-juice
- Most vapes contain nicotine, the addictive chemical in all tobacco products
- Some vapes marketed as containing 0% nicotine have been found to contain as much as 18% nicotine
- "Tobacco-free" vapes contain synthetic, lab-made nicotine opposed to tobacco-derived nicotine. Synthetic nicotine is still addictive
- Vapes are known to produce Nickel, Lead, Formaldehyde & Ethanol as byproducts when the device and e-liquid heats up
- It will take time to understand the long-term effects vaping has on the body, but we're aware of the following risks: device explosion, dehydration, nosebleeds, skin problems (blemishes, red spots), respiratory problems (more frequent coughing, respiratory infections), and oral health problems (mouth sores, tooth decay & gum disease)
- Disposable vapes, designed for single use, have become more popular with youth in recent years. Due to regulation loopholes, disposable vapes still come in various fruit and candy flavors that are appealing to young people. Also, disposable products cost as little as a few dollars each, making them more affordable to youth.

4 OUT OF 5 YOUNG ADULTS BEGIN VAPING DUE TO STRESS, ANXIETY OR DEPRESSION

-The Truth Initiative

TOBACCO COMPANIES DON'T CARE

COMPANIES ARE MARKETING DIRECTLY TO YOUNG PEOPLE TO GET THEM TO USE, GET HOOKED, AND BE ABLE TO DISGUISE THEIR USE

VAPING & MARIJUANA

Just like nicotine vaping products, marijuana vapes work by heating a liquid that becomes an aerosol the user inhales. Marijuana vapes often closely resemble nicotine vaping devices. One could also learn how to "hack" nicotine vapes to work with marijuana from YouTube videos.

Several thousand lung injuries & deaths have also been associated with a vaping-related illness containing THC and Vitamin E Acetate, a thickening agent sometimes added to the liquid. The majority of marijuana vapes linked to this illness were obtained off the street or illicitly, where youth & young persons under 21 would likely obtain them.

Symptoms of this vaping-related lung illness, known as EVALI, include: shortness of breath, weight loss, night sweats, fatigue, gastrointestinal problems, low oxygen levels or lung failure & death (in severe cases).



NEED HELP QUITTING VAPING?

MY LIFE  MY QUIT



At My Life, My Quit™ we share the truth about nicotine, vaping and other tobacco products.

The My Life, My Quit Program is for young people ages 12-17 who want help to quit all forms of tobacco, including vaping. My Life, My Quit Coaches help youth:

- Develop a quit plan
- Cope with stress
- Learn about nicotine
- Get ongoing support

Youth can **TEXT/CALL**
855.891.9989
or **CHAT ONLINE**
with a Coach

My Life, My Quit is always free and confidential.
www.mylifemyquit.com

My Life, My Quit
is operated by National Jewish Health. More
resources are available at www.mylifemyquit.com.

NICOTINE - MARIJUANA LOOK ALIKES



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