

Addiction



DOPAMINE

Nicotine stimulates dopamine's release



Nicotine is quickly metabolized and cleared



Withdrawal symptoms lead users to keep on using nicotine

Resources

truth initiative

- EX Program
- This is Quitting

DITCHVAPE to 88709

smokefree.gov

- SmokefreeTXT
- quitSTART app

QUIT to 47848



Quit Vaping 17+

#1 App to Quit Vaping/E-Cigs

Jonathan Kopp

Designed for iPhone

★★★★★ 4.9 • 8.3K Ratings



美亚健康协会

Midwest Asian Health Association

Website: www.maha-us.org | Phone: (312) 225-8659



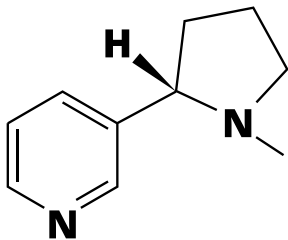
E-cigarettes & Vaping

What are E-cigarettes?

They are electronic devices that simulate tobacco smoking. The device heats up liquids inside, usually containing nicotine, to produce an aerosol for the user to inhale

The use of E-cigarettes is vaping

Nicotine



- One of the most addictive substances discovered
- Found in tobacco leaves and are in cigarettes & vape products
- One of the most toxic of all drugs

E-cigarettes can come in many flavors

Flavored e-cigarettes make it more appealing to youth

- Fruity or candy-like
 - mango, strawberry-kiwi, pink lemonade, and more
- menthol (minty flavor)
- traditional tobacco flavor



85% of youth e-cigarette users use flavored vape products



Effects of vaping

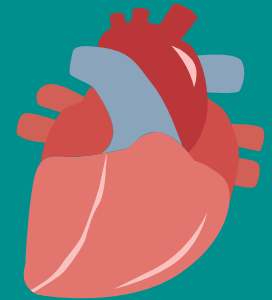
Lungs



- Inflammation
- Shortness of breath

Heart

- high blood pressure
- increased heart rate
- risk for heart attack and stroke



Brain



- irritability
- dizziness
- addiction