

Your health **vs** Vaping



When a vape heats a liquid (juice) it makes an aerosol – a fine spray of **chemicals** that go deep into your lungs when you breathe it in. Some of the chemicals settle in **your lungs**. Some pass through your lungs into your bloodstream and go **all around your body**.

What are you vaping?

Vape liquid contains many different chemicals.

Vapes can contain the same poisonous chemicals found in biofuel, paint thinner and bug killer.



Some chemicals found in vape aerosols can cause cancer. Others can cause swelling and irritation in the throat and lungs and can impact the heart.

Many flavours are made up of chemicals that **damage** lung cells or irritate the lungs.

When you vape, your lungs' natural defences may not be able to protect you as well as they normally would against infection from bacteria, viruses and mould.

Our lungs are designed to breathe in clean, fresh air that powers our bodies and brains.

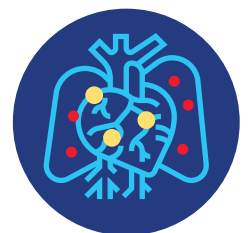
How vaping affects your body

Vaping can cause:

- lung injury
- nausea
- coughing and throat irritation
- headache and dizziness
- seizures.

People who vape may be more likely to have bronchitis, wheeze, or shortness of breath.

Because vape aerosol is sticky and sugary, dentists are very worried about the effects of vaping on teeth and gums.



A partnership between:



How vapes can cause injuries

Vapes can explode and catch fire, causing burns and severe injuries. Some people have lost teeth or injured their jaw, hands or groin area (when a vape has exploded in a pocket).

Most vapes contain nicotine, which is a poison that can make you very sick or even kill you if accidentally swallowed.



How vaping can lead to addiction

Most vapes in Australia contain nicotine, even if it's not on the label. Nicotine comes from tobacco and causes addiction in people who vape and in people who smoke.

One vape may contain as much nicotine as a whole packet of cigarettes.

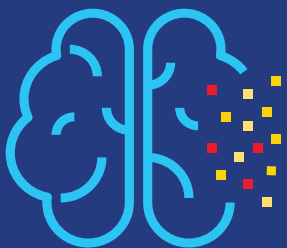
- While your brain is still growing you are more likely to become addicted to nicotine.
- Nicotine makes changes to your brain, which makes it harder to control your nicotine use.

Loss of control over nicotine use can happen fast and makes it harder not to vape.

People can start having feelings of withdrawal even if they are not vaping every day. When they try to stop vaping, or haven't vaped for a while, they can feel:

- a strong desire to vape (cravings)
- more irritable
- that it's harder to focus on what they're doing
- nervous, anxious or restless if they can't vape.

Vaping to relieve these feelings ("to relax") creates a vicious cycle of ups and downs. How do you think this would affect stress levels?



How vaping affects your mental health

Your brain is still growing until you are 25 years old. Nicotine can change the way it develops, which may affect your attention, memory and learning.

People who are addicted to nicotine are more likely to have symptoms of depression and anxiety.

Quitting nicotine can improve your mental health. After feelings of withdrawal are gone, many people feel less stressed, less anxious, less depressed, and more positive about life.

Quitting vaping

The sooner you stop vaping, the better! It might feel challenging, but you can do it. You don't have to do it alone. There are lots of support options to help you.

Speak with:

- your school nurse
- your doctor
- **Quitline** – we help young people quit vaping. We're free, friendly and every chat with you is private.



You can contact **Quitline** on **webchat, WhatsApp, Messenger** or call **13 7848**. Scan the QR code or visit **quit.org.au/quitline**

