

NEUROBIOLOGY OF VAPING

FACT CHECK: HOW MUCH DO YOU KNOW ABOUT VAPING AND IT'S ASSOCIATED RISKS?



TRUE | FALSE

NICOTINE IS ADDICTIVE

**THE EFFECTS OF
NICOTINE ON THE BRAIN
ARE PERMANENT**

**WHEN YOU VAPE YOU'RE
INHALING MORE THAN 60
CHEMICALS (SUCH AS
LEAD)**

**NICOTINE HIJACKS YOUR
BRAIN BY BINDING TO
RECEPTORS THAT RELEASE
DOPAMINE**

**VAPING IS JUST
INHALING WATER
VAPOR**

NICOTINE IS ADDICTIVE

NICOTINE RELEASES THE FEEL GOOD NEUROTRANSMITTER, DOPAMINE. YOUR BODY KEEPS CRAVING THAT PLEASURABLE FEELING BROUGHT ON BY VAPING NICOTINE.

WHEN YOU VAPE, YOU'RE INHALING 60+ CHEMICALS

INCLUDING NICKEL, TIN, LEAD, BENZENE, AND FORMALDEHYDE

YOU ARE VAPING AN AEROSOL, NOT WATER VAPOR

THE VAPE "CLOUDS" YOU CAN SEE ARE TOXIC CHEMICAL PARTICLES SUSPENDED IN THE AIR. YOU ARE INHALING THESE PARTICLES INTO YOUR LUNGS

BY QUITTING, YOU REDUCE THE RISK OF LONG-TERM EFFECTS OF NICOTINE ON YOUR BODY

AFTER YOU QUIT VAPING, THESE DANGEROUS CHEMICALS ARE NO LONGER ENTERING YOUR BODY. SO WITH LESS VAPING, THERE IS LESS RISK FOR THE DANGEROUS EFFECTS OF NICOTINE TO TAKE HOLD OF YOU.