

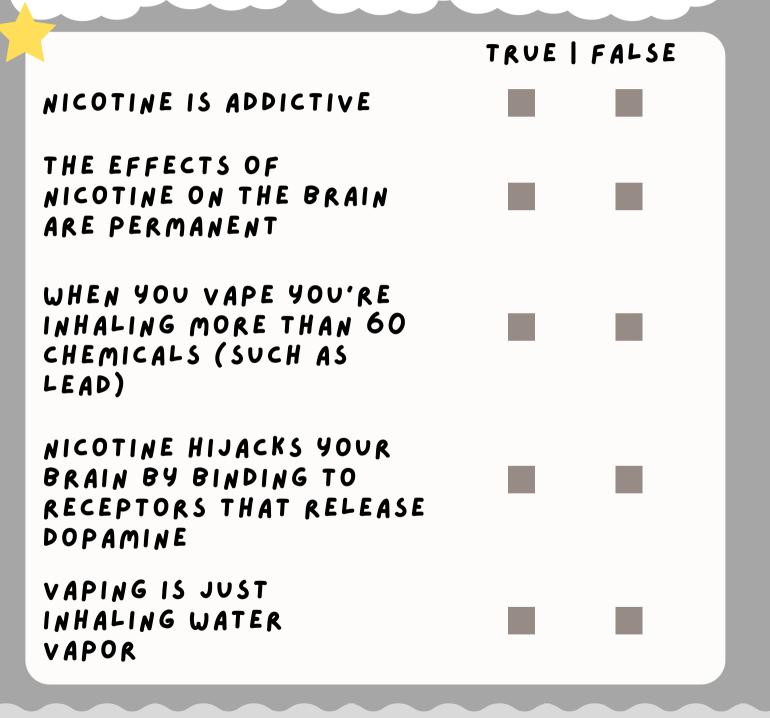
# SESSION 3: THE

MEDICAL S

MEDICAL SCHOOL

## NEUROBIOLOGY OF VAPING

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



#### 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, <u>NOT</u> 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 <u>LONG-TERM</u> <u>EFFECTS</u> 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.