

# ARE YOU ADDICTED TO VAPING?



Nicotine is in 99 percent of vapes, and it's very addictive. The more you vape, the more your brain and body get used to having nicotine and the harder it is to go without it. When you go without vaping the nicotine level in your bloodstream drops, which can cause unpleasant feelings, physical symptoms and strong urges to vape. This is nicotine addiction.

## WHY IS NICOTINE DANGEROUS?

Nicotine is addictive, and vaping exposes you to harmful chemicals that are known to damage health. In addition to nicotine, vape aerosol may include:

- ▶ Ultrafine particles that can be inhaled deep into the lungs.
- ▶ Flavoring such as diacetyl, a chemical linked to a serious lung disease.
- ▶ Volatile organic compounds such as benzene, which is found in car exhaust.
- ▶ Heavy metals such as nickel, tin and lead.

Teens are especially sensitive to nicotine's addictive effects because your brain is still developing. This makes it easier to get hooked. Using nicotine at a young age can also rewire the brain to become more easily addicted to other drugs. Nicotine can have other long-lasting effects on brain development, making it harder to concentrate, learn and control impulses.

## READY TO QUIT VAPING?

Talk with a medical provider about your vaping addiction. You can also call the Texas Tobacco Quitline at 1-877-YES-QUIT for free and confidential help. The support provided by the Quitline can double your chances of successfully quitting.

A graphic of a spiral-bound notebook with a white cover and silver rings. The pages are slightly aged and have a soft shadow. The text is printed on the pages.

## POP QUIZ

**If you answer YES to one or more of these questions you may be addicted to vaping.**

Do you continue to vape even though you want to stop or think it's hurting you in some way?  Yes  No

Do you feel anxious or irritable when you want to use your vape but can't?  Yes  No

Do thoughts about vaping interrupt you when you're focused on other activities?  Yes  No

Do you still vape after getting in trouble with your parents or at school for vaping?  Yes  No

Have you ever tried to stop vaping but couldn't?  Yes  No

Do you feel like you have lost control over your vaping?  Yes  No