

# #FWD FEED >>>>>

>>>>FORWARD FEED MAGAZINE<<<<+HEALTH+INFO+PROGRESS+

## ***Vaping, Tobacco & Nicotine Addiction***

***In This Issue***

- Nicotine Addiction
- Vaping & Juuling
- Tobacco: Really Bad
- How to Quit





## **Nicotine is Addictive**



**N**icotine is the drug found in vapes, cigarettes, and other tobacco products that keeps you hooked.

- The more you use nicotine, the more dependent on the drug your body becomes.
- Nicotine dependence means that it's difficult to quit even though the drug is causing you harm.
- When you stop using nicotine, your body will experience unpleasant withdrawal symptoms that can last for months.

**The Death Count**



**8,000,000+  
per year**

Nicotine kills. Worldwide, more than 8 million people a year die from tobacco use. Don't become part of that number.

# ***Nicotine changes the brain.***

If you use products with nicotine you'll begin to crave nicotine, causing you to use it more often. Welcome to nicotine addiction!

Nicotine attaches to special receptors in the brain, flooding the brain with chemicals like acetylcholine (energizes the body) and dopamine (makes you feel good.) Keep using nicotine and the brain gets used to the flood of chemicals. This is how your brain gets addicted.

The brain is not fully developed until the age of 25. Start using nicotine before 25 and your brain literally grows up with a nicotine addiction. This can lead to mental illnesses and diseases such as depression and anxiety, and locks in nicotine addiction for life.

***The younger you start using nicotine, the harder it is to quit in the future.***

Nicotine products are terrible.

- Smoking harms almost every organ in your body and causes heart disease, stroke, and cancer.
- All the dangers of vaping are not known, but vaping gets you addicted to nicotine much quicker.
- Smokeless tobacco has crazy levels of nicotine and leads to a fast addiction and nasty diseases.

***No matter how you use nicotine, these products will come back to bite you.***



# Vaping and Juuling

*People think vaping and juuling are safer than cigarettes, but they can actually be worse.*

**J**uul was created as an alternative for current smokers, not for first time users, so nicotine levels are sky high. One Juul pod is equal to two-hundred puffs of nicotine, which is like smoking an entire pack of cigarettes.

When a user starts vaping, they may only use one pod a week. Soon they're going through two, three, or even more pods a week.

Juuls use a form of nicotine called "salt." Salt nictines have an "enhanced nicotine delivery rate" and come in fruity and minty flavors. Add it all up: you are now not only a regular smoker, but a severe nicotine addict.



# The Cost of Cool...

## ...To Your Long-Term Health

Vaping has some of the same risks as smoking cigarettes. E-cigarettes cause inflammation in the lungs and release chemicals associated with several cancers, including:

- Formaldehyde (used to preserve dead bodies)
- Acetone (used in nail polish remover)
- Benzoic acid
- Volatile Organic Compounds (VOCs)

Research is starting to show that vaping may lead to increased risk of cancer.

Higher doses of nicotine can:

- Damage young brains
- Impair memory
- Shorten attention spans
- Cause depression and anxiety

## ...To Your Short-Term Health

Because the amount of nicotine in vaping devices is so high, it is easy to overdose on nicotine. While this won't kill you, it won't feel good. Side effects include:

- Nausea
- Vomiting
- Migraines
- Rapid heart rate
- Sleeplessness



## ...To Your Wallet

Get hooked on vaping and the companies that make this stuff will bleed your wallet dry.

A Juul starter kit costs \$20. Once you run out of pods, it'll cost \$16 for a pack of four, which might last a week or two. At the end of a month, this totals up to \$52. By the end of the year, if you don't have to buy another Juul pen, this totals up to \$384 in pods alone. This isn't unique to Juul, either:

- Disposable vapes sold in gas stations don't last as long as Juuls and are more expensive.
- Mod systems can cost hundreds of dollars.
- Bottles of vape juice cost \$20, \$30 or more.

**Vaping is expensive.**

**Nicotine use is also linked to increased heart rate, ulcers, and constricted blood vessels, which can lead to heart disease and other disorders.**



# SAY GOODBYE

**M**any teens have died and thousands more have been hospitalized from vaping. We are not sure what has been causing these hospitalizations, but the heavy metals and chemicals found in vapes may be the answer.

Patients report feeling shortness of breath, coughing, and fatigue

that gets worse and worse with time. Once admitted to the hospital, doctors often find that their lungs have sustained severe damage. Many die, and others have to endure painful and expensive lung transplants that put their breathing ability on par with that of a 70-year-old's. One surgeon even called the damage from vaping, "An evil I've never seen before."

All vaping may be unsafe, and until we know the research, the safest option is to never start. ■



# TO BREATHING

# ***Tobacco: Really Bad***



**U**nlike vaping, the dangers of smoking tobacco are well known. Smoking tobacco is the leading cause of preventable deaths in the United States, killing 480,000 each year due to heart disease and cancer. Over 16 million Americans are currently living with a disease due to smoking. Smoking damages almost every organ in the body. ....



# Smoking's Effect on the Body

**23% of smokers will never reach the age of 65.**

**Brain:** Nicotine is as addictive as heroin. Once you start smoking, it can be incredibly difficult to stop.

**Mouth:** Reduced blood flow causes gum disease. Can cause painful cuts and ulcers. Increases the chance of mouth cancer.

**Throat:** Exposes the throat to thousands of chemicals, some causing cancer. Leads to inflammation, irritation, and cancer.

**Skin:** Leads to dry skin and acne. Depletes vitamin C in the skin, making it harder to repair damage.

**Lungs:** Devastates the lungs. Every cigarette smoked causes permanent lung damage. Lung cancer is the number one risk factor of smoking.

**Stomach and Intestines:** Can lead to bowel problems and inflammation that is incredibly uncomfortable. More likely to develop colon cancer and die from it.

**Liver:** Increases the risk of liver cancer and liver failure due to excessive damage.

**Kidneys:** Causes high blood pressure, increases the risk of kidney disease. Doubles the risk of developing kidney cancer.

**Bladder:** Causes frequent urination and leaking of the bladder. Increases the risk of bladder cancer by 4 to 7 times.

**Heart:** Leads to high blood pressure and heart disease (currently the number one killer in the United States).

**The risk isn't just for you, either.** Secondhand smoke kills more than 7,000 people per year from lung cancer and over 33,000 from heart disease. ■

## Using Tobacco Products Destroys Your Body



Terrie Hall, who started smoking in high school, died in 2013 at the age of just 53.

# It's All About the Money.

Because tobacco users die at such high rates, tobacco companies need to get new people addicted to maintain their profits.

PROFIT OVER LIVES

Tobacco companies know how bad their products are, but this has not stopped them from using advertising to push their products to young people.

Since most tobacco users start smoking at or before the age of 18, they know that they need to advertise to young people, even if it's illegal to do so.

Tobacco ads are found where cigarettes are bought, like head shops and gas stations. The ads describe tobacco as "sweet and aromatic," or "smooth select." The packaging features slick fonts and popping colors.

These ads don't tell the truth. Cigarettes are addictive, taste, smell, and make you feel terrible. Oh... and using them will kill you.

Smoking can cut your lifespan by 13 years. 23% of smokers will never reach the age of 65.

Don't give in to the advertising, and don't smoke.

More Doctors  
Smoke **CAMELS**  
than any other

**Smoking  
can cost  
thousands  
of dollars a  
year and cut  
your lifespan  
by 13 years.**



Based on  
years of studies,  
were cited, "CAMEL  
cigarettes are the most  
The brand name is  
with CAMEL

THE DECISIONS CHOOSE AMERICA'S CHOICE!



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# Spit Tobacco is Whacko



**S** smokeless tobacco (dip, chewing tobacco, chew, chaw, snuff, spit, or plug) is a great way to get cancer. It **usually** comes in two forms, snuff and chewing tobacco.

**S** nuff tobacco comes loose or in small pouches in a can. Users then place the tobacco between the lower lip and gum.

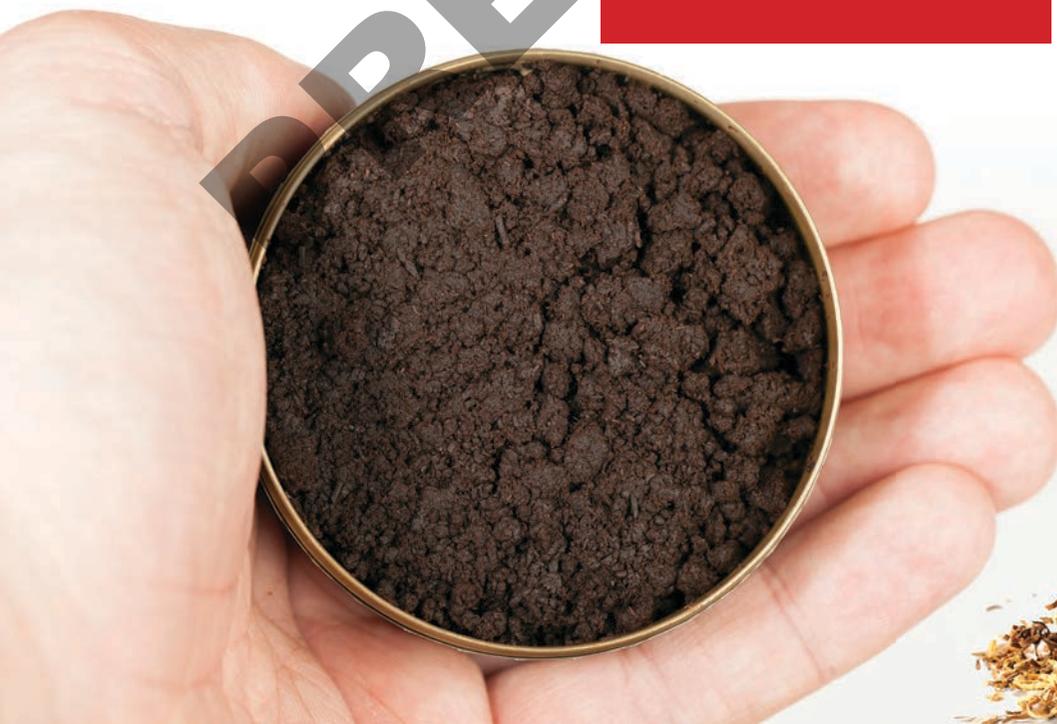
**C** hewing tobacco is shredded or twisted tobacco leaves that users place between the cheek and gum. Users suck and chew until enough saliva builds up- at which point they "spit" it out.



**Spit tobacco is super addictive because of the high levels of nicotine found in each bag or can.**

Because chewing tobacco isn't linked to lung cancer, it is advertised and widely thought of as safer. **This could not be further from the truth.** Chewing tobacco increases the risk of mouth, throat, pancreatic, and esophagus cancer.

Chewing tobacco is so deadly that it leads to 250,000 deaths a year worldwide. It comes as no surprise that chewing tobacco is the leading cause of mouth cancer.



+  
+ .. >> image search:  
+ .. >> 'ORAL CANCER'  
+ .. >> results:



# **5.5% of high schoolers admitted using spit tobacco**

**Some people who get mouth cancer from chewing tobacco survive, but never without horrifying side-effects.**

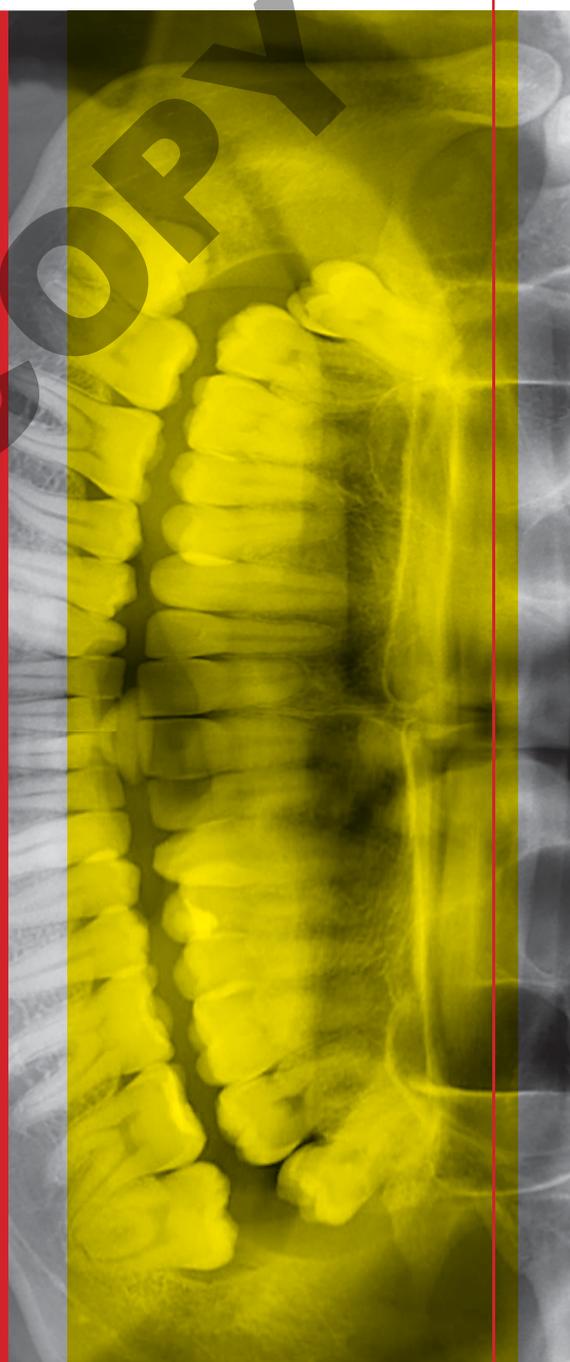
Survivors are often disfigured, losing their cheekbones, taste buds, teeth, gums, and even hearing.

Even the non-lethal side-effects of chewing tobacco are horrifying. The first thing chewing tobacco does to a user is ruin their social life. Constant spitting, bad breath, and yellow stained teeth are generally considered unattractive.

About 70% of users develop disgusting and painful mouth sores (Leukoplakia) that are pre-cancerous.

Users may also experience cracked and bleeding gums and lips, receding gums, and tooth loss.

Studies show that most people who use smokeless tobacco want to quit, and it's easy to see why. ■



+ .. >> CONCLUSION:  
+ .. >> 'DELETE SMOKELESS TOBACCO'  
+ .. >> END



# **HOW TO QUIT**

**N**icotine is an extremely addictive substance. Quitting is not easy. It is not impossible, but it can be long, painful, and difficult.

# When You Quit Nicotine, You Get Withdrawal



Withdrawal symptoms are at their worst 2-3 days after you quit

nicotine. The pain of withdrawal will go away with time, but your body and brain will always be addicted to nicotine. If you haven't used it in years, smoking one cigarette can get you back to smoking full time. To quit nicotine for good, you need to learn your triggers.

- Do you use tobacco at a certain time of day?
- Do you smoke after a meal?
- Do you want to take a vape hit when you drink?

**Know what triggers you so you can best deal with cravings.**

**X Powerful cravings for nicotine**

**X Headaches**

**X Sore throat**

**X Insomnia**

**X Anxiety**

**X Depression**

**X Anger**

**X Weight gain**

**X Nausea**

## ***Do all that you can to resist nicotine cravings:***

**1. Start small.** If you are fighting the desire for a cigarette, wait five minutes. Then wait another five, then another, until the cravings go away.

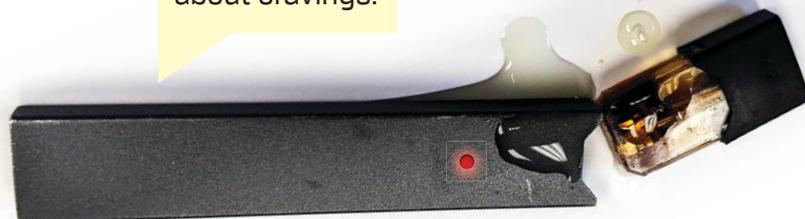
**2. Distract yourself.** Phone a friend. Read a book. Call your state's tobacco quitline for support.

**3. Drink water and exercise.** Doing things for your health will make you feel better and help you to forget about cravings.

**4. Take a series of deep breaths.**

**5. Get more rest.** Extra sleep can help you weather those first tough days.

**6. Reward yourself.** Don't use food as a reward, though, because your metabolism will decrease after you quit smoking, making it easier to gain weight.



# ERASE TOBACCO...

The benefits of quitting smoking are through the roof. Because cigarettes are so harmful to almost every part of your body, the second you stop smoking your body begins to heal.

## After 20 minutes:

- Blood pressure drops
- Pulse rate drops
- Hands and feet grow warmer

## 24 hours:

- Your heart attack risk begins to decline

## 2 weeks:

- Circulation improves
- Walking becomes easier
- Lung function improves up to 30%

## 1 year:

- Risk of heart disease is cut in half

## 10 years:

- Lung cancer risk drops to as little as one-half that of continuing smokers
- Risk of mouth, throat, esophagus, bladder, kidney, and pancreas cancer declines
- Ulcer risk decreases

## 8 hours:

- Carbon monoxide levels in the blood decrease
- Oxygen levels in the blood increase

## 48 hours:

- Nerve endings start to regenerate
- Your sense of taste and smell will improve

## 1-9 months:

- Coughing, sinus congestion, shortness of breath, and fatigue decrease
- The hair-like cilia in the lungs grow back
- The body's overall energy level improves

## 5 years:

- Stroke risk is reduced to that of people who have never smoked

## 15 years:

- Risk of coronary artery disease is now similar to that of people who have never smoked
- Overall death risk returns to nearly the level of people who have never smoked

... **FROM YOUR**  
**LIFE.**

# QUITTING TIME

## Drop the Vape

Take an ordinary object shaped like a vape, such as a ballpoint pen and suck on it like you would your vape. Whenever you feel a trigger coming on, the act of mimicking taking a hit from your vape will give you some psychological relief.

If your friends or relatives also vape, ask them to not do it around you. If you keep at it, you can one day be nicotine-free.

## Quit the Spit

Quitting chewing tobacco, just like vapes and cigarettes, is no easy task. The same methods listed earlier will help, but chewing tobacco users might find it difficult to get over the psychological addiction. Things like chewing gum or hard candy can help.

**M**edication can help. Nicotine replacement products- patches, gum, etc. - doubles nicotine quitting success rates. Prescription drugs like Bupropion or Wellbutrin, can help reduce cravings.

Don't slowly wean yourself off of nicotine. Research shows that quitting cold turkey works better.

Remind yourself of why you want to quit in the first place. How has nicotine addiction hurt your body, your brain, your relationships and your wallet? Do you want to be addicted for the rest of your life? Look at images of lung or mouth cancer to reinforce your drive to quit.

## Resources

### American Lung Association:

[www.lung.org/stop-smoking/smoking-facts](http://www.lung.org/stop-smoking/smoking-facts)

### Truth Initiative:

[www.truthinitiative.org](http://www.truthinitiative.org)

### U.S. Surgeon General's Know the Risks:

[e-cigarettes.surgeongeneral.gov](http://e-cigarettes.surgeongeneral.gov)

### American Cancer Society:

[www.cancer.org](http://www.cancer.org)

### Centers for Disease Control and Prevention:

[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

### National Cancer Institute:

[www.smokefree.gov](http://www.smokefree.gov)

### DEA's Get Smart About Drugs

[www.getsmartaboutdrugs.gov](http://www.getsmartaboutdrugs.gov)

**Find the Help You or a  
Loved One Needs.**

**QUIT  
TODAY**



**DON'T  
START**

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