

# Vaping, Tobacco & Nicotine Addiction

Tobacco and vaping are one of the most dangerous habits a person can pick up. Nicotine products damage nearly every organ in the body. These products cause a number of diseases and also increase the likelihood that a user will develop other long-term health problems.

## Nicotine is Addictive

Nicotine 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.

Nicotine is responsible for more than 8,000,000 deaths each year.



8,000,000+ per year

## Nicotine changes the brain.

Nicotine attaches to special receptors in the brain, flooding the brain with chemicals like acetylcholine and dopamine. Keep using nicotine and the brain gets used to the flood of chemicals. This is how your brain gets addicted.



## SAY GOODBYE TO BREATHING



Vaping can harm the body just like tobacco. Thousands of people have been hospitalized, and many have died. Patients report feeling shortness of breath, coughing, and fatigue that gets worse with time. Doctors have found that their lungs sustained severe damage. Others have to endure a painful and expensive double lung transplant that put their breathing on par with a 70-year-old's.

## The Cost of Cool...

The nicotine level in vapes is so high, it is easy to overdose on nicotine.

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



Both vaping and smoking have serious risks.



- Damage to the brain
- Causes depression and anxiety
- Causes breathing issues
- Causes cancer

Get hooked on nicotine and the tobacco companies will bleed your wallet dry.

- Disposable vapes sold in gas stations are expensive
- Mod systems can cost hundreds of dollars
- Vape juice costs \$20, \$30, or more
- Vaping can cost up to \$5,000 a year



## Effect on the Body

**Brain:** Nicotine is as addictive as heroin, and once you start, it's incredibly difficult to stop

**Mouth:** Gum disease, ulcers, and mouth cancer are possible

**Throat:** Exposes the throat to thousands of chemicals leading to inflammation, irritation, and cancer

**Skin:** Depletes vitamin C in the skin, making it harder to repair damage

**Lungs:** Devastates the lungs. Lung cancer is the number one risk of smoking

**Heart:** Leads to high blood pressure and heart disease (currently number one killer in US)

**Liver:** Increased chance of liver failure and liver damage

**Stomach and Intestines:** Increases chance of colon cancer

**Kidneys:** Causes high blood pressure and kidney disease and doubles the risk of developing kidney cancer

**Bladder:** Increases the risk of bladder cancer by 4 to 7 times



# NICOTINE SUCKS. Don't Start. Stop TODAY!