

KNOW THE RISKS OF VAPING

Did you know that vaping products – like e-cigarettes and vaping pens – contain as much nicotine as a pack of cigarettes? Despite the health risks, vaping continues to be popular among young people in the United States. Get the facts about vaping and its dangers to your health.

How common is vaping among youth?

Nearly 3 million middle- and high-school-age students have used an e-cigarette in the last month, and 10 percent of high school students in the U.S. use e-cigarettes. In Kentucky, the rates are even higher. Nearly one in four high school seniors in Kentucky report vaping in the past 30 days.

Aren't vapes safe?

No. They contain over 2,000 cancer-causing chemicals, heavy metals, nicotine and other harmful elements.

Do vapes affect my brain?

Yes. Within 10 seconds of inhaling, the nicotine reaches your brain. This causes a surge of dopamine, the “feel-good” chemical. This can cause long-term changes in your brain affecting your memory and focus.

What are some ways to manage stress to keep me from vaping?

- Do something you love.
- Practice meditation or yoga.
- Talk to someone you trust.
- Get active and exercise.
- Find a new hobby.

Why do I see so many vaping ads on social media?

Companies that sell vaping products try to appeal to youth by putting flavors, bright colors and young people in their ads. These ads appear on Instagram, TikTok, YouTube, Facebook and Snapchat.

How can I talk with my friend who vapes about quitting?

Bring up the conversation naturally and discuss why they started vaping and what they are going through. Most importantly, be a good listener. When they are ready, connect them to quitting resources (see below).

Could I become dependent on vapes?

Yes. These products have a lot of nicotine. Even trying an e-cigarette if you're curious puts you at risk for becoming dependent. Being dependent makes it hard to stop using.

You might be dependent on vapes if you:

- Feel anxious or irritable.
- Have trouble concentrating.
- Reach for a vape without even thinking about it.
- Feel the need to vape as soon as you wake up.
- Go out of your way to find a vape.

Resources

For more information about prevention services for youth, families and community members in Kentucky, visiteducation.uky.edu/icanendthetrend.

Ready to quit? Use these anonymous resources designed for young people:

- My Life My Quit: Text “start my quit” to 36072.
- Quit Now: Text “quitnow” to 333888.
- This Is Quitting: Text “ditchvape” to 88709.

Content courtesy of Dr. Melinda Ickes and Dr. James Hawthorne



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