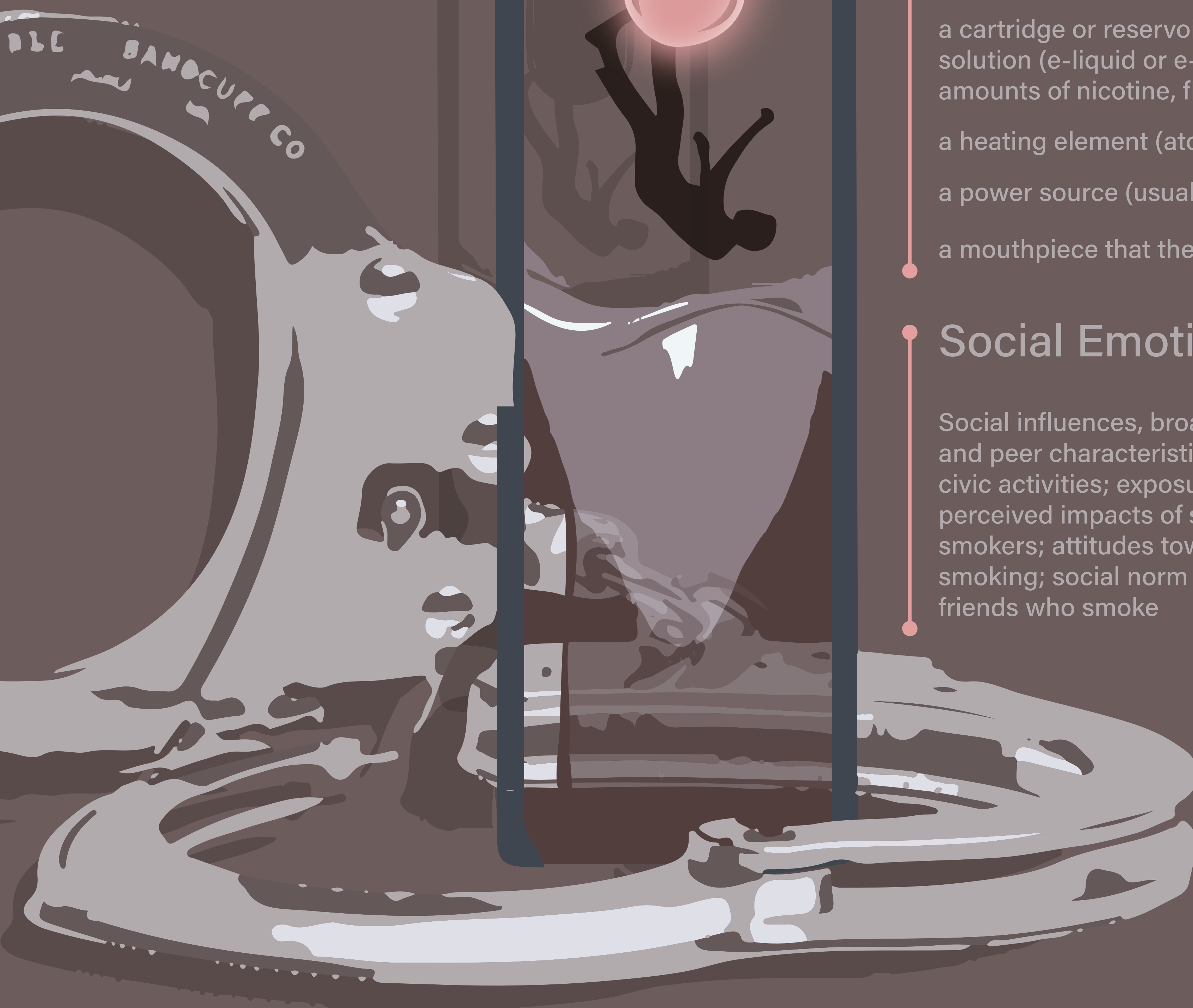


# YOU'RE ENJOYING FALLING



#ADDICTIVE #INHALANT #SEDATIVE

# VAPING

## Dosage and effects

How many puffs it takes to equal one cigarette is a question that only graduate level physics, chemistry, and biology studies could answer for a given device and user, which can vary by time of day and even stress level of the smoker or vaper.

It raises your blood pressure and spikes your adrenaline, which increases your heart rate and the likelihood of having a heart attack.

## Physiological effects of use

Vaping with or without nicotine has been shown to impact impulse control, especially in young adults whose brains have not fully developed yet. Some of these risks include mood disorders and permanent damage to parts of the brain responsible for memory, emotion and critical thinking.

## Route of administration

a cartridge or reservoir or pod, which holds a liquid solution (e-liquid or e-juice) containing varying amounts of nicotine, flavorings, and other chemicals

a heating element (atomizer)

a power source (usually a battery)

a mouthpiece that the person uses to inhale

## Social Emotional consequences

Social influences, broadly defined, includes family and peer characteristics; involvement in school and civic activities; exposure to images (sexy, rebellious, etc.); perceived impacts of smoking; amount of contact with smokers; attitudes toward family members/peers smoking; social norm and exposure to family and/or friends who smoke