

# Unveil what you inhale

## Let's not sugarcoat it

Vaping rates are rising, particularly among young people. Maybe you've vaped before, vape regularly, or used to vape and have since given it up. Though it might seem pretty harmless compared to regular cigarettes, there are heaps of health and safety risks around vaping that need to be talked about.

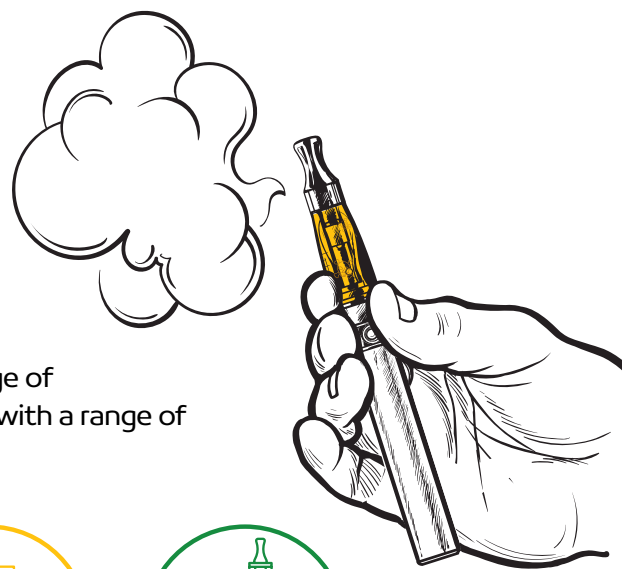
This resource was developed with young Australians for young Australians like you, to present the facts, raise the issues, and provide advice on vaping and how to take action when it comes to the risks.



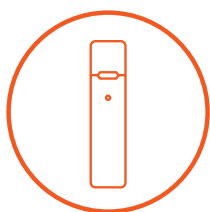
### What is vaping?

Vapes or e-cigarettes use cartridges filled with liquids, or 'juice', which typically contain nicotine, artificial flavourings, and various chemicals. The liquid is heated into an aerosol, or vapour, and inhaled into the user's lungs.

Vapes can be smoked either with nicotine, or without it. They also come in three main types: minis, closed pods, and refillables. The range of choices within these categories have evolved rapidly in recent years, with a range of new models and liquid flavours now available:



Mini



Vape Pod



Vape Pen



Squonk Mods



Box Mod

Vapes can be harmful to your health because the liquids contain toxic chemicals that are bad for your lungs. Vape liquid isn't properly tested or regulated, and **research shows many types contain nicotine, even if they say they don't.**

## ✓ The facts

Vaping is on the rise in Australia and has become much more popular amongst young adults according to the Alcohol and Drug Foundation.

The majority (74%) of interviewed participants in the 18-24 age group say that they tried vaping out of curiosity. At this stage, very little is understood about the long-term effects on health and wellbeing.

**Vaping products aren't regulated so it's difficult to know exactly what's inside them and what you are inhaling.** Even those labelled as non-nicotine likely contain some nicotine.

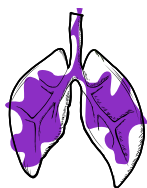
With use of traditional cigarettes declining, companies that develop those products need to make money another way. Vapes are just another product made to generate profit using targeted social media marketing to try and make vaping look as glamorous, cool and attainable as possible. They, or the influencers promoting these products, don't care about your health or wellbeing.

## ! The dangers and risks

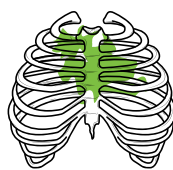
Wherever you sit around vaping, the main thing you need to know is that it isn't safe for your health, despite what you might hear from others. Research around vaping has shown that it has caused:



**Vomiting**



**Mouth and airway irritation**



**Chest pains**



**Racing heartbeat**

Some people think vaping is harmless, that it is just water vapour. But what you're inhaling is made up of toxic particles. An Australian study into flavoured vape juice unveiled that the toxic particles within these liquids can include:



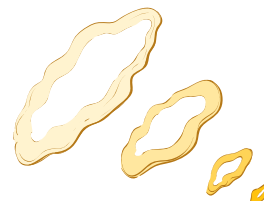
**Formaldehyde**

Used in glue and can cause irreversible lung damage.



**Propylene glycol**

Found in paint and is toxic to human cells.



**Nicotine**

Is addictive and can harm your brain, especially in the areas that control attention, learning, mood, and behaviour.

Vaping can also lead to nicotine addiction and cigarette smoking in the future, which is a 'gateway' to more health complications and risks down the track. So, while vaping might sound harmless, it's important to know that it has the potential to do serious and lasting damage to your lungs and body.

## ? Why is vaping appealing?

**You might be wondering, given these risks, why people take up or continue to vape.**

It can be because:

- The devices look cool, are colourful and easy to store.
- The flavours are appealing. Liquid flavours can range from mango, vanilla, and Krispy Kreme to novelty flavours like roast chicken and tuna.
- There are less restrictions on where you can vape.
- It's cheaper than cigarettes.

It's important to remember that vapes have been designed to taste better than cigarettes, and the accessibility and novelty of vaping can overshadow the risks and toxic chemicals within that are harmful to your health.



## Vaping regulations in Australia

It is illegal for retailers, such as tobacconists, vape shops and convenience stores, to sell any type of vape. Vapes can only legally be bought by people over 18 from a pharmacy to help them quit smoking or to help them manage their nicotine dependence.

Vaping is often used as a tool to help smokers quit cigarettes despite there being limited evidence that this method is effective in the long-term. There are other proven methods to help you quit vaping and smoking such as nicotine replacement therapy (NRT). Speak to your health practitioner to find the right quitting tool for you.



## Managing the conversation around vaping

Experimenting with substances and activities is common as you get older, but it's up to you to make informed choices and take responsibility for your own health and wellbeing. Chances are you have mates, colleagues or family members that vape. But understanding the risk and rewards of undertaking this activity is important. How much do you prioritise your health?

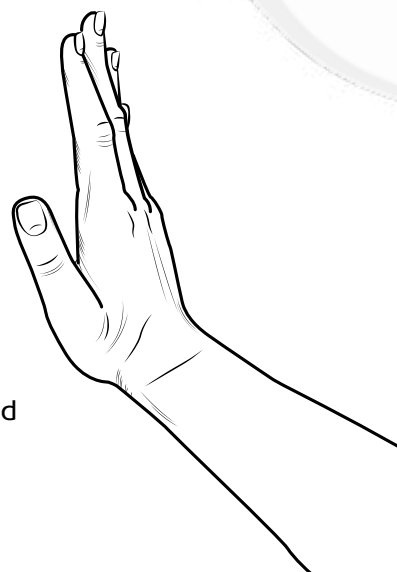
Setting clear boundaries can be difficult, especially with those that you are close to, but request that they respect your decision to miss out. Each time it will get easier.



## Quitting and helping others to quit

Like cigarette smoking, vaping can be a tough habit to stop. Nicotine is addictive so putting a plan in place with your family and friends and even seeking support from your doctor can help you commit and achieve your goals. Friends, family, mentors, counsellors and therapists are all great support networks that you can reach out to, to help you quit. Writing up a clear plan on how to replace the nicotine cravings with exercise, meditation, yoga, healthy diet, and fresh air, are additional steps you can take to make the journey easier.

You can also be a support for others who want to quit nicotine as well. Educate them on the facts around vaping and point them in the right direction for advice and further information.



## How to affect change

Taking positive action against vaping is a great call, and there has never been a better time to make your voice heard. Educating your networks on the risks and misconceptions of vaping is a great place to start. Lead by example and demonstrate openness and willingness to discuss these issues with others.

Your actions can have more of a positive impact than you realise.

## Additional information and resources

Organisation	Resource
Quitline	P: 13 7848 <a href="http://www.quit.org.au">www.quit.org.au</a>
Australian Government Department of Health	<a href="#">About Vaping and e-cigarettes</a>
healthdirect	<a href="#">Vaping</a>
Smokefree Teen	<a href="#">Quit Vaping</a>



**For further information and support contact Lung Foundation Australia.**

Free call 1800 654 301

Visit [lungfoundation.com.au/unveil](http://lungfoundation.com.au/unveil)

Email [enquiries@lungfoundation.com.au](mailto:enquiries@lungfoundation.com.au)