

Stimulants

Nicotine (Vaping)

Vapes, E-cigs, Vape Pens, Mods

What is it?

Nicotine is the active drug in vape juice or e-juice. Nicotine occurs naturally in the tobacco plant. Vaporizer liquids, gum, patches, inhalers and lozenges contain synthetic nicotine. Nicotine speeds up the brain, heart, and lungs, but most people who use it report a calming affect.

Why do people use it?

- ◆ As an alternative to tobacco products
- ◆ To relax, increase focus and attention, take a break, or socialize with friends and co-workers
- ◆ To cope with stress or anxiety

What can go wrong?

- ◆ The long term health risks of vaping are not yet fully known.
- ◆ People who start vaping, who have never used tobacco products, are more likely to use tobacco products in the future.

How does it work?

Nicotine stimulates the brain, heart, and lungs increasing alertness and focus. Many people say that Nicotine relaxes them, despite being a stimulant. This could be due to some of the other behaviors associated with smoking (going outside, separating from a crowd, taking deep breaths), The calming affect can also be explained by nicotine withdrawal which causes irritability, anxiety and agitation; therefore, using nicotine temporarily stops withdrawal.

Information adapted from heretohelp.ca, camh.ca & towardtheheart.com

For more information visit their websites.

Printed July 2019

Harm Reduction

1. Nicotine overdose is rare but possible; most common is if using two forms of nicotine at the same time (e.g. vaping and using other tobacco products). Nausea, vomiting, feeling faint or light headed, and skin irritation are all signs of overdose. If symptoms appear, call poison control, the nurses' hotline 8-1-1, or go to your nearest emergency room.
2. While vaping is probably less harmful than tobacco, it is far from harmless. Vaping hasn't been around long enough for good information to be available.
3. Unregulated products may have different ingredients and/or nicotine content than labelled. Regulation for e-liquid began in May 2018.

Want to quit?

- ◆ Most B.C. residents are able to access free nicotine replacement therapy (gum, patches, lozenges, or inhalers). Any pharmacist can help you get started.
- ◆ Quitnow.ca offers 1-1 support, education, and quit planning resources. Talk with a Quit Coach by phoning toll-free 1-877-455-2233.
- ◆ Talk to a friend, parent, teacher, counsellor or doctor for extra help.

Discovery Youth & Family Substance Use Services

Victoria/South Island: 250-519-5313

Cowichan Valley: 250-737-2029

Nanaimo/Ladysmith: 250-739-5790

Oceanside area: 250-947-8215

Mt Waddington area: 250-902-6063

