

# TRUE OR FALSE?

## "VAPING RELIEVES ANXIETY."

### FALSE

### *- NICOTINE CAUSE ANXIETY OR MAKE SYMPTOMS WORSE -*

### 81% OF 16-24 YEAR OLDS REPORTED THEY STARTED VAPING TO COPE WITH STRESS

### NICOTINE DEPENDENCY:

TO RELIEVE ANXIETY CAUSED BY NICOTINE MORE NICOTINE IS NEEDED



CAUSES SURGE OF ENDORPHINS & DOPAMINE. FOR SHORT TIME

THE ABSENCE OF A FIX CAUSES MORE ANXIETY.



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BRAIN RECEPTORS GETTING INVADED BY NICOTINE WHEN SMOKING

2-FA PET imaging of nAChR occupancy from cigarette smoke exposure



WANT TO QUIT VAPING?  
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NICOTINE USE CHANGE YOUR BRAIN

