

# UNDERSTANDING VAPING

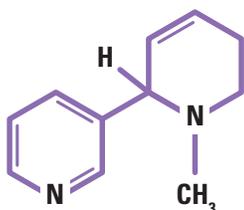
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Vaping is the act of inhaling liquid nicotine and other additives through a battery-powered device that often looks like a cigarette.



## DIFFERENT NAMES FOR THE SAME PRODUCT

- E-cigarette
- Hookah pen
- Vape pipe
- E-hookah
- Vape pen



## WHAT'S BEHIND THE VAPOR

- Addictive nicotine content
- Unregulated nicotine levels and a mixture of other chemicals

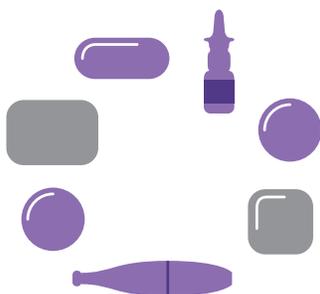


## NICOTINE & THE BRAIN

Nicotine can affect decision making, impulse control and planning functions of the brain, which are among the last to mature. This makes young people more susceptible to the effects of nicotine and other addictive substances.

## VAPING IS NOT A PROVEN WAY TO QUIT

Coaching support, combined with one of seven FDA-approved medications, is a proven way to quit tobacco.



- NRT patch
- NRT inhaler
- Varenicline
- NRT gum
- NRT nasal spray
- Bupropion
- NRT lozenge

For more information, visit [njhealth.org/quittobaccohelp](https://njhealth.org/quittobaccohelp)

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