



**If you're thinking about quitting vaping or smoking, here's the rundown.**

No BS, no pressure—just the facts to help you understand what's really going on in your body and how to make it stop.

## WHY ARE CIGARETTES AND VAPES SO ADDICTIVE?

It all comes down to **nicotine**—the main addictive substance in both cigarettes and vapes. Nicotine gets to your brain super fast and **triggers the release of dopamine** (that's the feel-good chemical). This is why you feel that immediate buzz or satisfaction when you vape or smoke.

The problem? **Your brain gets used to that dopamine boost** and starts needing more nicotine to feel the same effects. If you try to stop, withdrawal symptoms like anxiety, irritability, and cravings come in strong. That's why quitting is a challenge—**it's not just a bad habit; it's a physical dependency.**



**Many people with ADHD often self-medicate with nicotine! Even people who have social anxiety may attempt to calm themselves through its use.**



## WHAT ARE THE RISKS?

Vaping might feel like a cleaner alternative to smoking, but **it's not exactly harmless. Vapes deliver nicotine alongside a cocktail of chemicals**; most concerningly is **formaldehyde**. These can mess with your lungs and put you at risk for conditions like **COPD (chronic obstructive pulmonary disease)**. This is code for you'll be in the hospital a lot and using oxygen tanks), **asthma**, and even **lung cancer**.

Traditional cigarettes? Not as popular anymore, but they're even worse. **You're inhaling thousands of chemicals that attack your lungs, heart, and more.** We're talking about the potential for **heart disease, COPD, and a long list of cancers** (lung, throat, bladder—the list goes on).



## WHAT YOU NEED TO KNOW

Whether you're smoking or vaping, it's not just about nicotine. Here's a quick breakdown of what's happening:



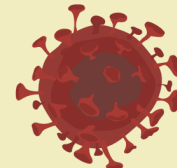
### LUNGS

Vaping or smoking means inhaling harmful chemicals that can lead to chronic lung diseases like COPD, asthma, and even lung cancer.



### HEART

Nicotine raises your blood pressure and heart rate, increasing the chances of heart attacks and strokes.



### CANCER

Chemicals in cigarettes and vapes can damage DNA, increasing the risk of various cancers — not just in your lungs, but also in your mouth, throat, and stomach.

**And it's not just you who's affected. Secondhand smoke and even thirdhand smoke** (the residue left on surfaces) can harm the people around you.

## HOW TO QUIT: STRATEGIES THAT WORK

### IS VAPING SAFER?

Vaping may seem like a safer option, but it's still not great for your body. That vapor you're inhaling includes formaldehyde which is proven to cause cancer. Plus, the quality of vape products varies a lot, so you never really know what you're inhaling.

**Ready to quit? Here are some methods that are scientifically backed and can help:**

1. **Nicotine Replacement Therapy (NRT):** Patches, gum, lozenges, inhalers, and nasal sprays. These give you controlled doses of nicotine to manage withdrawal symptoms.

**READ MORE**





# QUITTING VAPING OR SMOKING: WHAT YOU NEED TO KNOW



## HOW TO QUIT: STRATEGIES THAT WORK

**2. Prescription Meds:** Medications like Bupropion (Zyban), or Naltrexone can reduce cravings and make quitting easier. Your PCP can also provide Varenicline (Chantix) if this is right for you.

**3. Behavioral Strategies:** Setting a quit date, avoiding triggers, and finding new ways to handle stress can help. Methods like the “Step-Down Method” allow you to gradually cut back.

**4. Mindfulness Techniques:** When cravings hit, they don’t last forever. Mindful breathing or techniques like urge surfing can help you ride them out. Try grounding yourself with the 5-4-3-2-1 technique, where you focus on five things you can see, four you can touch, and so on.

**5. Support Systems:** Don’t go through it alone. A support system—whether it’s friends, family, or online resources—can significantly increase your chances of quitting for good.

## RESOURCES TO HELP YOU QUIT

Here are some go-to places to help you get started:

- **American Lung Association:**  
<https://www.lung.org/>
- **American Heart Association:**  
<https://www.heart.org/>
- **National Cancer Institute:**  
<https://www.cancer.gov/>
- **Smokefree.gov:**  
<https://smokefree.gov/>
- **Truth Initiative:**  
<https://truthinitiative.org/>

Want something more hands-on?  
Check out:

- **The Truth Initiative EX Program:**  
Tailored support for teens and young adults.
- **Nicotine Anonymous:** A 12-step program focusing on support and recovery (but note, this does focus on a “higher power”)

**WE'RE  
HERE TO  
HELP**

If you’re thinking about quitting or just want to learn more, we’ve got your back. **Paperflower Psychiatry LLC** offers evidence-based care with a holistic and understanding approach.

Check us out at [paperflowerpsychiatry.com](http://paperflowerpsychiatry.com) or text/call us at **928-504-4700**. Let’s talk about your options and how we can support you on your journey to quit.