



**TAKE BACK
YOUR LIFE**
HOW TO QUIT VAPING

What Would Life Without Nicotine Look Like?

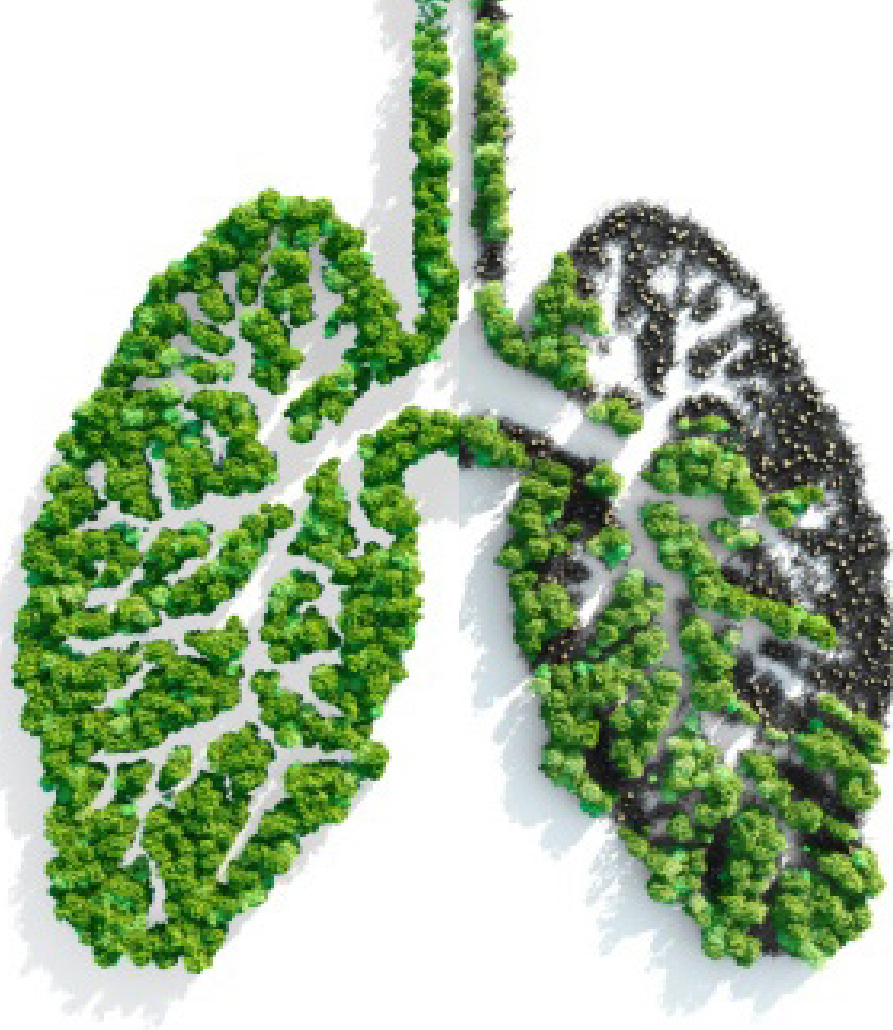
Quitting nicotine can be your first step toward healing. Nicotine causes the blood vessels to shrink, which then deliver less blood where you need it for healing. Use this time in the hospital to devise a plan for quitting. This booklet contains information to help you take control and quit vaping for good.

You and your health are important. If you know you are going to be in a situation where it is going to be difficult to stick to your quit plan, ask someone to help keep you honest.

Fill out the card that says "Reason to quit", fold it and keep it where you previously kept your vape. When you think of using it and your hand goes looking, it reminds you why there is nothing there.

All addiction controls your pleasure. That is why it is difficult to do social things without nicotine when you are used to having it. Three weeks is all it takes to control your own pleasure again.

There is never a good time to do something that is hard!



The Health Impact of Vapes/E-Cigarettes

The vape requires an oil to work. That oil is usually propylene glycol, which turns into formaldehyde when heated; glycerin, which has been associated with a greater risk of pneumonia when inhaled; or vitamin E acetate, which is associated with lung injury and even death. You are mostly water — and water and oil do not mix.

Electronic cigarettes also contain metal particles such as nickel, lead, chromium, tin and aluminum. The effects of these can be long-lasting and even deadly. Flavorings are another concern, as they may cause lung damage and shortness of breath for many users.

The use of nicotine in any form makes you more likely to go back to smoking or start smoking in the future. Exposing your brain to nicotine can affect attention, learning and memory. Dual use of vape and cigarettes is more dangerous than either by itself.

Never give up trying to quit! Sometimes we have to learn from our previous quit attempts to know what to do differently next time.



NICOTINE ADDICTION IS REAL!

Whatever addiction gives you, it also takes away. When the vape relieves your stress, it actually causes the stress to rebound back, causing you to want another one. Your endorphin level actually goes below normal when you use something addictive within five to 20 minutes of finishing. Your stress comes back even worse than before.

When you stop using addictive substances like nicotine for at least three weeks, your endorphin level no longer drops below normal. Studies shows that people are less stressed and happier without nicotine.



Get Ready to Quit – Physically and Mentally

Postpone vape use. If you don't seem to be able to quit now but still want to work on quitting, consider postponing each nicotine use at least five minutes from when you have the urge. Each time you postpone using a vape, it helps you gain self-control and self-confidence. **You** are deciding when you can have nicotine and not your addiction.

Consider cutting back. Decrease the number of times you use the vape by one-third every two weeks. Or, cut the nicotine level by one-third every two weeks. Another way to get the habit under control is to start restricting where you allow yourself to vape.

Imagine yourself vape-free. Focus on the positive. Make a list of all the positive things about yourself that don't involve vaping and put it somewhere where you can see it often. Remind yourself that vaping doesn't define you.

Change Your Habits, Change Your Life

Creating a temptation-free home includes getting rid of anything that reminds you of vaping and checking pockets to make sure you get them all. If you do have someone else in your home or social circle that vapes or smokes tobacco, ask them to quit with you.

Let your friends know that you are quitting so they don't bring vaping items around that could trigger your cravings. If they do, ask them to use it outside and to not leave it lying around where you can see it. Tell someone that you are quitting and tell them ahead of time that you may be calling for a pep talk.

If you are not going to quit right away, never purchase pods or refillable cartridges from anyone but reputable stores. Look for only American-made products and never use THC (marijuana) products in your vape.

Most of the lung injuries associated with vaping have been from street sellers or people modifying contents.

How Much Money Will You Save?

The average vape user may spend as much as

**\$1,000
a year**

on vaping. Save that money for something to reward yourself for quitting. Many people put out a jar and start throwing money in it every day. Reward yourself with something big just for you. You are worth celebrating.

SOURCE: US Library of Medicine,
National Institutes on Health



Be Serious About Quitting

Get rid of everything that has to do with vaping. If you have someone that can do that for you now, that keeps you from having to do it when you get home! Know what you are going to do before the urge hits.

Take your survival kit with you everywhere you go. Keep things in the car that you can fiddle with and something to change the flavor in your mouth. If you are having trouble in the car, audio books can help, because they stimulate a different part of your brain and you have to concentrate, keeping you from wanting to vape as often.

Withdrawal Symptoms

These include feelings of irritability, agitation or thinking about vaping constantly. There are nicotine medications designed to help curb these feelings through the gradual decrease of the nicotine level in your body. Withdrawal symptoms usually start within 24 hours, top out at day three or four, then start getting better. However, they can last up to three weeks.

Your doctor may allow you to have a nicotine patch here at the hospital. Use any available means to put the odds in your favor of not only quitting now for your healing, but quitting forever for your future health.

Typically, within three weeks you are controlling your own pleasure again, as your brain can more easily release endorphins, especially dopamine, on its own.

Medications to Help You Quit

The medications to help you quit vaping include nicotine replacement therapies (NRT) like nicotine gums, lozenges and patches. These are over-the-counter medications.

THE MOST COMMON PRESCRIPTION MEDICATIONS INCLUDE:

- Nicotine nasal spray
- Chantix®
- Nicotine oral spray
- Wellbutrin®
- Nicotine Inhaler

Prescription medications can be used on their own or in combination with the other nicotine replacement products to help the withdrawal symptoms. That way you are not getting the vape oil that can clog up your lungs.

Tips for Handling the Urges

1. GUARD AGAINST BOREDOM.

In the beginning, the longest an urge might last is three-to-five minutes. With time, the urges get shorter, and further apart. While you are still in the hospital, use this time to practice what you are going to do at home.

2. KEEP THOSE HANDS BUSY.

Guard against boredom. Many people who try to quit when they are home recuperating start thinking about vaping when they sit down to watch TV or other entertainment options. Keep yourself busy! Find a game on your phone, go for a walk or read a book.

3. TRY DEEP BREATHING.

Anything that changes the flavor in your mouth helps you get through the urges faster. Some people use gum, sugar-free candies or mints. Sunflower seeds or beef jerky can also be used if you are not on a salt-restrictive diet. Many people brush their teeth when they want to vape.

4. GET ACTIVE!

5. CELEBRATE YOUR ACCOMPLISHMENTS.

Keep those hands busy. Common things to hold are toothpicks, pencils for doodling, cut straws or stir sticks for coffee. Some people also start carrying a water bottle with them everywhere they go.

Try deep breathing. Close your eyes and relax. Breathe in slowly through your nose and feel your stomach expand. Hold your breath while counting to eight seconds. Exhale slowly, while counting silently to eight. Feel your stomach move down and feel your shoulders relax. Do this slow, deep breathing cycle of exercises five times. Since deep breathing releases endorphins (*the "happy" chemicals in the brain*), it helps you quit using nicotine and be less stressed doing it.

Get active! Exercise of any kind releases endorphins. When an urge hits, take a quick walk or get outdoors and have some fun. Studies show exercise can increase your likelihood of quitting nicotine for good.

Celebrate your accomplishments. Recognizing your accomplishments can boost resistance to stress and cravings. Even making it through your first few hours is a big win. Each and every nicotine-free moment is to be welcomed and celebrated.





DID YOU KNOW?

NRT is less addictive than vaping and does not create a new addiction. It helps your body slowly get away from the nicotine, which helps you transition to a vape-free life.

If the price of the NRT is a concern, help is available. Tobacco Free Amarillo offers classes that include up to two months of free NRT.

Caffeine effects may be increased when you stop using nicotine. You may have to reduce the amount of caffeine you are drinking so you can sleep at night.



If You Have a Relapse

Slip-ups happen, particularly during the first three months. Have a plan in place. *Five major causes of relapse include:*

- Alcohol consumption
- Boredom
- Depression
- Stress
- The company of nicotine/vape users.

Set a new start date for yourself and keep going. You've already made progress!

There is No Magical Cure

Quitting is only part of the process. Learning to live without nicotine is the "rest of the story".

Addiction will always tell you that you are in control and that you can use it occasionally and not go back, but that is not how addiction truly works.

Resources to Help

1-844-8-NO-VAPE

PHONE SUPPORT SPECIFICALLY FOR VAPERS:
tobaccofreeamarillo.com/Events

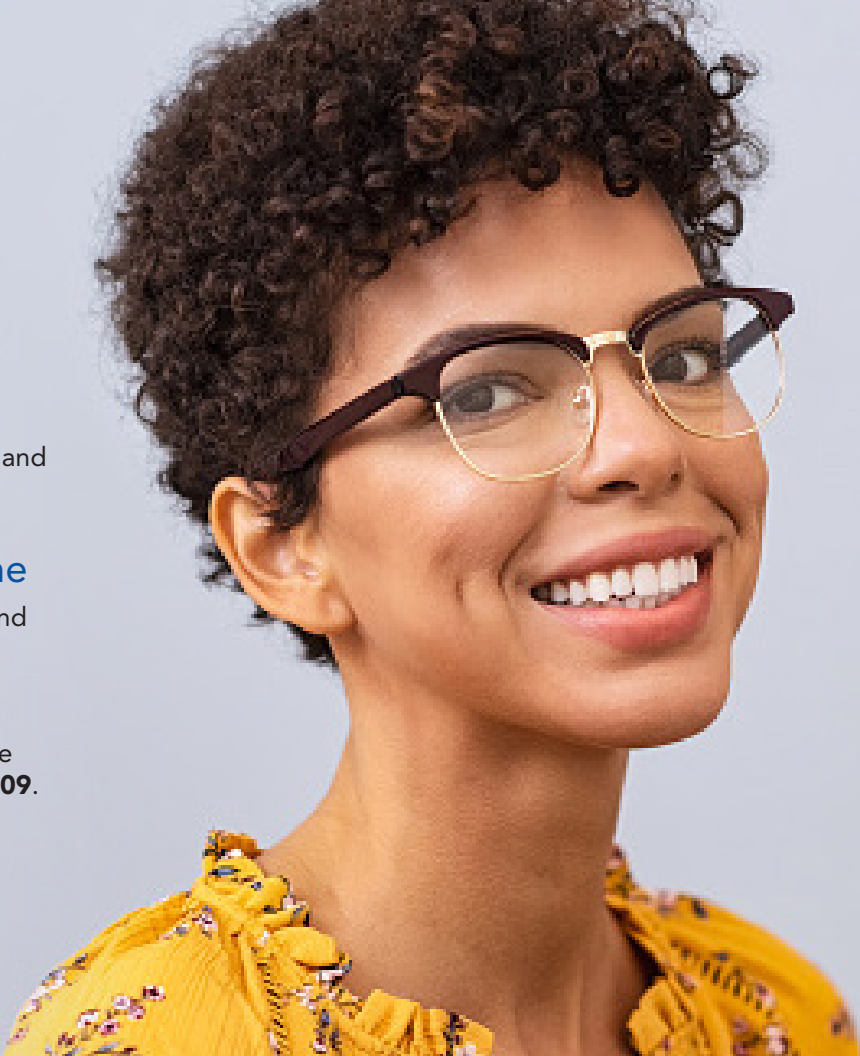
Free classes supplying free NRT products, apps, videos and tips to quit on your own.

Tobacco Free Amarillo's Resource Line

Providing counseling, support, medication assistance and referrals for all Amarillo Residents. Call **806-331-2400**.

truth[®] campaign

Designed for adolescents and young adults, enroll in the *This is Quitting* program by texting **DITCHJUUL** to **88709**.



REMEMBER ...

**YOU HAVE NOT FAILED
UNTIL YOU QUIT TRYING.**

1. *You are unique and unrepeatable! Take this opportunity to support yourself and who you want to be.*
2. *Don't allow what you want right now to interfere with your desire for your future.*

You can quit vaping!

You can choose right now to increase your ability to heal and improve your overall health!



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**Northwest Texas
Healthcare System**

SOURCE: Centers for Disease Control and Prevention (CDC); US Department of Health and Human Services (smokefree.gov)

Physicians are independent practitioners who are not employees or agents of Northwest Texas Healthcare System. The system shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the non-discrimination notice, visit our website. 200525-8377 2/20