

# MY LIFE MY QUIT



**At My Life, My Quit™ we share the truth about nicotine, vaping and other tobacco products.**

The My Life, My Quit Program is for young people up to age 17 who want help quitting all forms of tobacco including vaping.

My Life, My Quit Coaches help youth:

- Develop a quit plan
- Cope with stress
- Learn about nicotine
- Get ongoing support

Youth can **TEXT/CALL**  
**855-891-9989**

or **CHAT ONLINE**  
with a Coach

**My Life, My Quit is always free and confidential.**  
**[www.mylifemyquit.com](http://www.mylifemyquit.com)**

My Life, My Quit  
is operated by National Jewish Health. More  
resources are available at [www.mylifemyquit.com](http://www.mylifemyquit.com).

# Some toxins found in vapes include:



- Heavy metals such as nickel, tin, and lead.
- Diacetyl, a chemical than can cause serious lung disease when inhaled.



- Ultrafine particles that can damage lungs.
- Chemicals known to cause cancer.



Nicotine is a danger for pregnant women and is toxic to the brain of the developing fetus.



Studies suggest that flavors and other chemicals in e-liquid may harm the lungs when heated.



Vape flavors are not harmless. They are approved for ingestion, not inhalation.

## No long-term studies have been done on the health effects of vaping.

- Within seconds, nicotine causes a chemical reaction in the brain and body.
- This reaction can cause a buzz and relaxation. The brain connects a behavior to those feelings, which increases the odds the behavior will be repeated and can lead to nicotine addiction.
- The brain is more sensitive to nicotine until it is fully developed at age 25.
- Nicotine harms brain circuits that control attention and learning. These changes may lead to mood disorders, problems with impulse control, memory, and attention.