Environmental Impact:

Why It Matters

- · Disposable vapes can't be recycled. They contain plastic, lithium batteries, and toxic chemicals that often end up in landfills or pollute the environment.
- · Each vape contains valuable lithium, a metal used in electric car batteries. More than 1.2 million vapes are tossed out every week in the UK enough lithium to power 1,200 electric vehicles.
- Throwing vapes in the garbage can cause fires. Lithium batteries may overheat and ignite in garbage trucks or landfills.
- · Vape plastics take hundreds of years to break down.

Some break down into microplastics, now found in oceans, fish, and even drinking water.

 Microplastics can harm the body and the environment.

They carry toxins that can cause inflammation in both people and wildlife.



· You should consider starting your quit journey - try using some of the strategies described.

• If now is not the right time to quit, that's okay - you can still help reduce the environmental impact of disposable vapes by:

- Consider choosing refillable vaping devices over throwaways
 - Refillable vapes are designed to last up to a year and greatly reduce waste.
- Dispose of waste properly in recycling or designated drop-offs
 - Join national programs like VapeCycle, launched in April 2025 by the Canadian Vaping Association, to return disposable vapes for proper disposal.

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Clear Your Lungs, Clear

> Learn more about your vape!

Created by students in the Entry-to-Practice Doctor of Pharmacy Program at the University of British Columbia

In collaboration with Lori Bonertz (BSc Pharm) **Created August 2025**

What is nicotine and why can it be difficult to quit?

- Vaping delivers nicotine to the body
- Nicotine acts as a stimulant in the body
 - Which can make you feel more alert, improve your mood, and increase your heart rate and blood pressure.
- Nicotine can be highly addictive
 - Because it reaches the brain's reward system quickly.
- When trying to quit, individuals may experience withdrawal symptoms like
 - A low mood, anxiety, increased appetite, headache, and difficulty concentrating

What Is in your Vape?

- When you vape, you are inhaling more than just nicotine. Vapes contain about
 22 chemicals and 9 flavouring agents, some of which may be harmful to your health. A few substances include:
 - Formaldehyde
 - The same chemical is used in science labs to store animal bodies after death.
 - Heavy metals
 - They are toxic and linked to health problems such as cancer
 - Pulegone
 - It can irritate the lungs and has been linked to cancer in lab animals
- Curious to learn more?
 - Listen to this podcast:
 - Vaping is it really that bad?

Find your reason to quit vaping!

- Vaping is **harmful to the environment.**
- Vaping makes me cough a lot, and I'm concerned it's damaging my lungs.
- Vaping is holding me back from performing at my best in activities like sports, music, or dancing.

5 Simple Steps to Quit

- 1. Get Ready!
 - a. Think about **why you want to quit** health, money, environment and what matters most to you.
 - b. Pick a quit date
- 2. Know your triggers!
 - a. Notice when & why you reach for your vape stress, boredom, friends?
 - b. **Plan ahead** with distractions or healthier habits (e.g., chewing gum).
- 3. Make a plan!
 - a. "Reduce to quit" Start by slowly lowering how much you vape
 - b. Remove vapes from your space
 - c. **Tell your friends** so they can support you through your journey.

4. Manage Cravings & Withdrawal

- a. Cravings usually last only 5–10 minutes. Distract yourself until they pass.
- b. **Withdrawal is normal** and gets easier with time—stay active, hydrated, and rest when needed.

5. Celebrate Progress

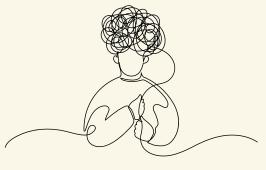
- a. Track your wins
- b.Slip-ups happen. Learn from them and keep going—every step forward counts

Download the **Quash app** available in the App Store and Google Play to get a **custom quit plan**

Nicotine Replacement Therapy

Nicotine replacement therapy **delivers small amounts of nicotine in a controlled manner** and can help support you during your quitting journey by managing withdrawal symptoms.

- Gums, lozenges, inhalers, mouth sprays and transdermal patches – available at any pharmacy without a prescription.
- Free Nicotine Replacement Therapy can be obtained via the BC smoking cessation program. Check with your pharmacist about your eligibility.



Counselling services

Check out **QuitNow.ca** or **call 1-877-455-2233** to speak with a Quit Coach. QuitNow offers **free**, **non-judgmental**, **and private support** for anyone wanting to reduce or quit vaping. The help you receive is tailored to your needs.