

## 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.



## What YOUTH can do?

- **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 the Air

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)

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# 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.