

Vaping Facts

For Athletes

Vapes, also known as e-cigarettes, are battery-powered electronic devices which heat and aerosolise a liquid, called an e-liquid, which is then breathed in.

Chemicals in vapes

Vapes have been identified to have more than 200 chemicals in their e-liquid, with many of these chemicals creating the flavour of the vape. 42 of these chemicals have been identified as being toxic when inhaled. The chemicals found in e-liquids can include:



Allyl alcohol - ingredient in household cleaning products and disinfectants

Acrolein - found in weed killer

Arsenic - used in poisons such as rat poison

Benzene - used in bug spray and gasoline

Chlorine - found in disinfectants

Formaldehyde - commonly used to preserve dead bodies

Mercury - found in batteries

Vaping, nicotine and sport

Nicotine is a highly addictive chemical that is the main cause of vaping addiction and dependence. Nicotine is found in most vapes, even if they are labelled as “nicotine-free.” The use of nicotine causes the reward circuits in the brain to become activated, which results in dopamine release and reinforces the harmful behaviour of vaping to get more dopamine. Overtime, continued nicotine exposure changes the brain, making it crave more and more nicotine until it can never be satisfied, causing nicotine addiction.



***Nicotine addiction makes it really hard to quit vaping,
but it can be done with the right support.***

Vapes and sporting performance

Vaping can decrease sporting performance as it:

- Increases the risk of injury
- Impairs stamina and endurance
- Increases heart rate and blood pressure
- Increases risk of respiratory infections and breathlessness
- Reduces the flow of oxygen and blood to the muscles
- Can potentially decrease reaction time and coordination



Long-term effects of nicotine

There are far more risks than rewards with nicotine usage. The biggest risk of vaping and continued nicotine use is nicotine addiction. Long-term nicotine usage and nicotine addiction can compromise a person's health as it can result in:

- Increased risk of heart disease and stroke
- Increased risk of high blood pressure
- Delayed wound healing
- Poorer mental health, such as increased anxiety and depression

Quit supports

Quitline
13 7848



Speak with a qualified counsellor over the phone who can provide quit support.

Doctor or Pharmacist



Can advise on quitting, any medications and nicotine replacement therapy.

My QuitBuddy



The app can help you track your quit progress and help overcome cravings.

Headspace



Speak with a qualified counsellor in person, or on the phone who can provide quit support.

Nicotine Replacement Therapy

Nicotine replacement therapy (NRT) can replace some of the nicotine from vaping but in a clean form. It can help to cope with any cravings or withdrawal symptoms that are experienced when quitting vaping. There are several different types of NRT: patches, lozenges, gum, and mouth spray. A doctor can guide you on what type to use.

Using NRT and quit supports improves success in quitting vaping