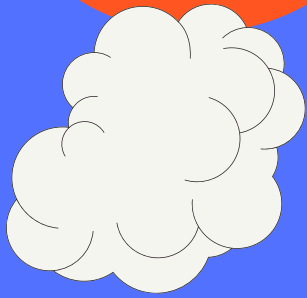


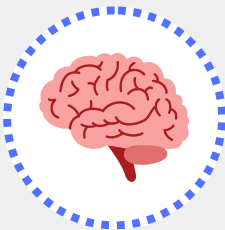
Oral Nicotine Pouches & Vapes:

The Hidden Risks Behind “Safer” Alternatives



VAPING & ORAL NICOTINE POUCHES RISKS

- **VAPING**
 - Lung damage: “popcorn lung”
 - Risk of heart disease & stroke
- **ORAL NICOTINE POUCHES**
 - Gum recession & tooth damage
 - Delayed wound healing due to reduced blood flow



The Health Risks You Should Know

NICOTINE & THE BRAIN

- Nicotine hijacks the dopamine system, reinforcing addictive behaviors and making quitting harder
- Starting substance use early increases the risk of long-term addiction

What's Inside? The Surprising Chemicals



VAPES

- nicotine
- heavy metals
- carcinogens
- benzene
- propylene glycol

ORAL POUCHES

- nicotine
- pH adjusters
- fillers & binders



The Bottom Line: Is It Worth It?

- **Short-term buzz** = long term health risks
- **Nicotine addiction** = a costly habit
- **No "safe" nicotine product** = all products fuel dependence and harm health functions

YOUR FUTURE, YOUR CHOICE

Quitting tobacco is one of the most important steps you can take to improve your health.

If you are ready to quit visit us at <https://tobaccofree.ufl.edu/>