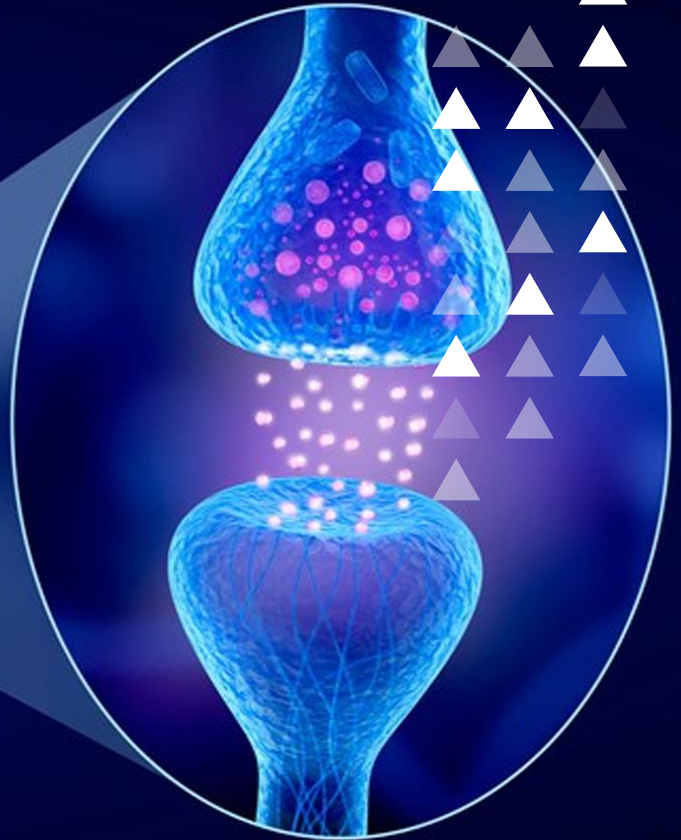
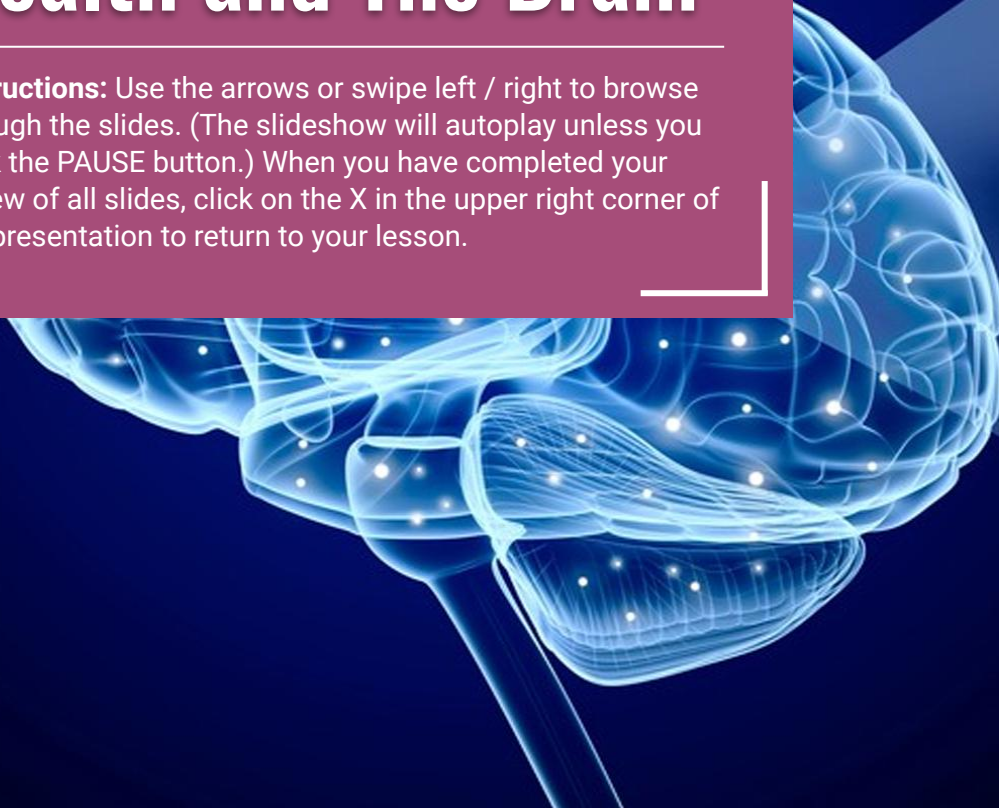


# Effects on Mental Health and The Brain

**Instructions:** Use the arrows or swipe left / right to browse through the slides. (The slideshow will autoplay unless you click the PAUSE button.) When you have completed your review of all slides, click on the X in the upper right corner of the presentation to return to your lesson.





Most e-cigarettes contain **NICOTINE**.

Nicotine is the addictive drug found in traditional cigarettes, cigars, and other tobacco products.





According to the Tobacco Prevention Toolkit distributed by Stanford University, a regular pack of 20 cigarettes contains approximately 20 mg of nicotine. E-cigarette pods and bars contain anywhere between 40-90 mg of nicotine - an amount equal to between 40-90 cigarettes!

## Cigs in a Pod



[tobaccopreventiontoolkit.stanford.edu](http://tobaccopreventiontoolkit.stanford.edu)

1 Pack of Cigarettes  
≈20 mg of nicotine



**≈20**  
CIGARETTES



1 JUUL pod  
≈41.3 mg of nicotine



**≈41**  
CIGARETTES



1 Puff bar  
≈50 mg of nicotine



**≈50**  
CIGARETTES



1 Suorin pod  
≈90 mg of nicotine



**≈90**  
CIGARETTES

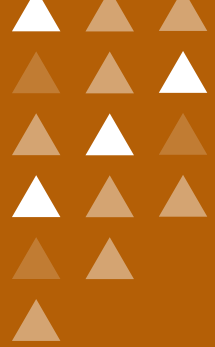




Nicotine exposure during adolescence can harm brain development, which continues until about age 25.







Nicotine disrupts the development of brain circuits responsible for:

- Attention
- Learning
- Memory



NICOTINE CAN  
WORSEN ANXIETY.



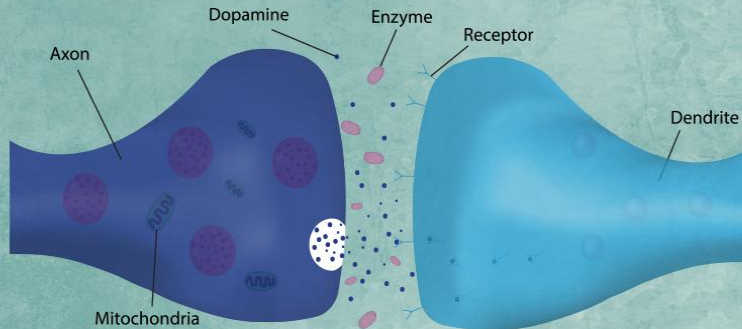


It can also increase  
irritability and impulsivity.

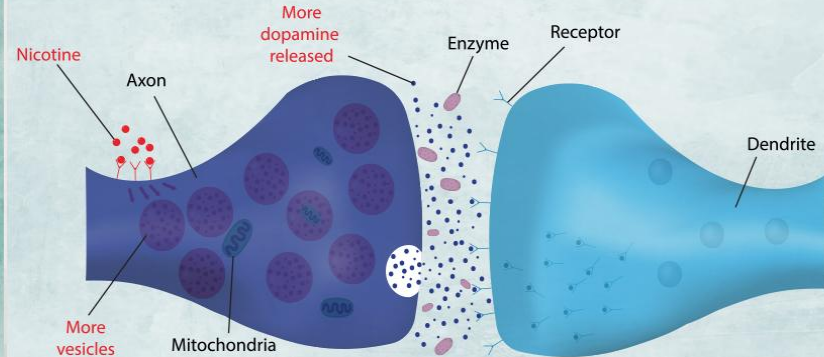


Nicotine mimics a chemical that our brains produce naturally and easily binds to receptors in the brain that are made for that chemical.

### SYNAPSE WITHOUT NICOTINE



### SYNAPSE WITH NICOTINE







Continuing to use nicotine will result in addiction. This means that nicotine turns your brain against you so that you feel forced to keep using nicotine just to feel normal.



Nicotine can also prime the adolescent brain for addiction to other drugs, such as cocaine and methamphetamine.



**NICOTINE IS  
LITERALLY BRAIN  
POISON!**

