

Book an appointment
with your GP and
make a plan to give
up the puff for good.



Contact Us

Phone: 8942 5400 (For all clinics)

Email: tis@ddhs.org.au

Website: www.ddhs.org.au

Or contact one of our clinics below:

Darwin Clinic

32—34 Knuckey St
Darwin NT 0800

Men's Clinic

9 Keith Lane
Fannie Bay, NT 0820

Rapid Creek Clinic

Shop 35, 48 Trower Rd
Millner NT 0810

Malak Clinic

Shop 3, 1 Malak
Place, Malak NT 0812

Palmerston Clinic

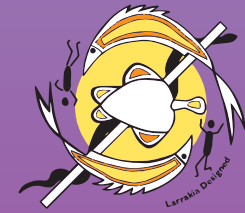
Unit 1/7 Rolyat St
Palmerston NT 0800

Bagot Clinic

133 Bagot Rd Ludmilla
Bagot Community, Darwin NT 0820

Humpty Doo Clinic

3 Skewes St
Humpty Doo, NT 0836



Danila Dilba
Health Service

What is Vaping?



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www.ddhs.org.au

What are vapes?

E-cigarettes or vapes are devices that heat a liquid to make vapour which a user can breathe in (or vape).

Vapes are also called e-cigs (electronic nicotine delivery systems). Vape manufacturers say a vape contains no nicotine, but instead flavoured liquids, which are heated and then sucked into your lungs.

Many studies have shown that most of vapes do in fact contain nicotine.

Nicotine is the highly addictive and harmful chemical found in cigarettes.



Clever marketing has led many people to believe that vaping is safer than smoking cigarettes. It is not!

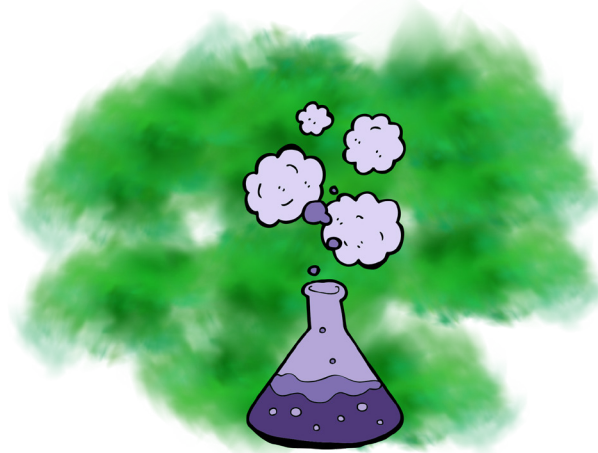
Tobacco companies are always looking for new customers. Vapes are a great way to get young people addicted to nicotine.

As well as nicotine, vapes also contain other harmful chemicals which can cause short and long term health effects, including lung damage.

Do you know what you're vaping?

Aside from nicotine, other toxic materials found in vapes includes:

- Heavy metals
- Chromium
- Nickel
- Lead
- Nail polish remover
- Cleaning products



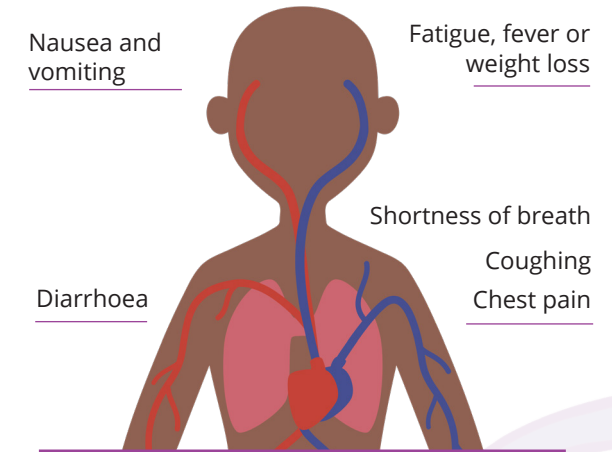
These chemicals can have a harmful effect on your body.

Sports, vaping and fitness don't mix.

If you're playing sports and vaping, you're putting a lot of extra strain on your body.

What are the risks in vaping?

Developing E-cigarette or Vaping Use-Associated Lung Injury (EVALI): Evali is a vape associated lung injury. Symptoms include:



If you want to switch to vaping as part of a plan to quit smoking, you need to a prescription from your GP.