

Don't fall for these vape myths!

"It's just flavoured air."

DR FONG :

Not true! Kpods are laced with etomidate, a hospital anaesthetic.

Inhaling it can cause:

- Seizures and muscle spasms
- Loss of memory
- Blackouts or unconsciousness
- Breathing failure

We've also seen teens hospitalised for serious vaping-related lung injury.

"You can't get hooked after just a few tries."

DR CHEE :

You can get hooked.

Vapes contain nicotine, one of the most addictive chemicals. Teens get hooked faster than adults because their brains are still wiring up. Once cravings set in, quitting is tough without help.

"It's safer than smoking — no smell, no stains."

DR CHEE :

False. The smell is gone, but the harm is worse.

Some teens take
500 to 1,000 puffs a day
=
the same as smoking
30 to 100 cigarettes.

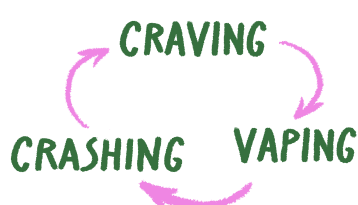
Nicotine hijacks the brain's reward system, especially in young people whose brains are not yet fully formed. The result — mood swings, poor focus and long-term dependence.

"Vaping helps me relax when I'm stressed."

DR CHEE :

That calm feeling is a trap!

Nicotine withdrawal makes stress, anxiety and sleep problems worse. Instead of escape, it locks you in the cycle of addiction.



"Even if I vape, nothing serious will happen."

DR FONG :

Vaping can cause seizures, insomnia and anxiety.

A single exposure to a drug-laced vape can cause lasting cognitive or psychological effects. Repeated use risks addiction and long-term damage.

If kpods keep spreading, we could see a hidden epidemic of sedative misuse among youth.

"If my child was vaping, I'd definitely notice."

DR CHEE :

Vapes are designed to hide.

They can look like USB drives, pens or even smartwatches. The vapour leaves almost no trace. Warning signs to watch for:

- Trouble sleeping
- Irritability or mood swings
- Falling grades or poor focus
- Secretive behaviour

Are you hooked (or know someone who is)?

- Don't shame or punish.
- Start with a GP or polyclinic for advice.
- Call the National Addictions Management Service (NAMS) helpline (6-RECOVER) for specialised support.
- Approach a school counsellor or psychologist to guide ongoing care.
- Lean on loved ones. Family support makes recovery far more successful.

In consultation with **Dr Chee Tji Tjian**, Senior Consultant, Department of Psychological Medicine, **National University Hospital**; and **Dr Clare Anne Fong**, Consultant, Division of Respiratory & Critical Care Medicine, Department of Medicine, **National University Hospital** and **Alexandra Hospital**

