



HOW OPIOIDS AFFECT ATHLETIC PERFORMANCE

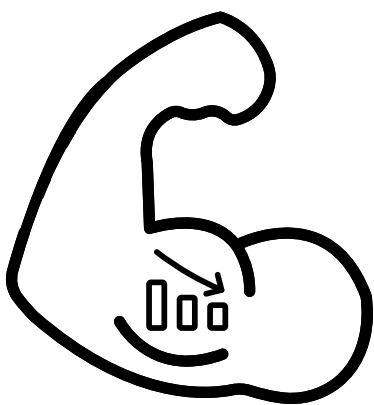


CONNECTICUT FACTS

In 2021, about 1 in 4 CT high school students reported ever using a vape product. 1 While any young person deciding to vape is a cause for concern, it's important to recognize that this means most CT high schoolers choose not to vape.

NICOTINE AND ADDICTION

Nicotine is the addictive substance in vape cartridges. It is the chemical that causes cravings and makes it difficult to stop vaping. It can be very addictive for teens since their brains are still developing. 3

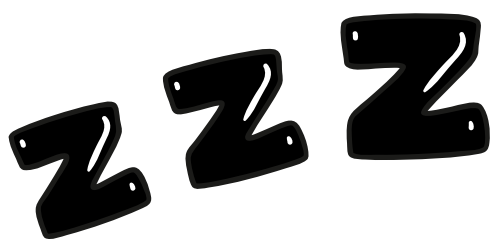


IMPAIRED MUSCLE FUNCTION

Nicotine decreases the amount of oxygenated blood that circulates in your body. Without good oxygenation, muscles will cramp, tire more easily, and have less maximum efficiency. 2,3

INCREASED BLOOD PRESSURE

Nicotine increases blood pressure and heart rate, which can cause dizziness, lack of focus, and even fainting. 2,3

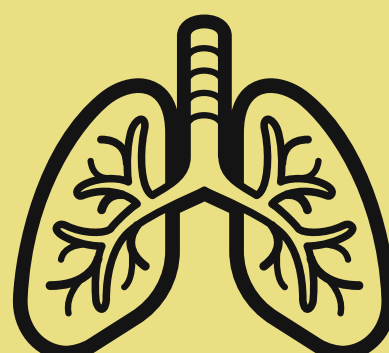


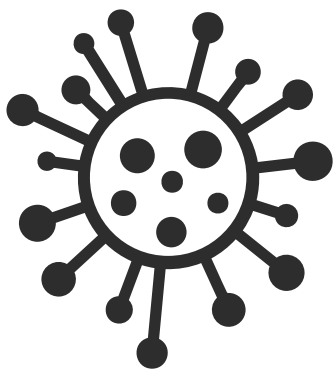
TROUBLE SLEEPING

Nicotine suppresses REM sleep, the deep sleep that is required by athletes to recover from strenuous training. This lack of renewing sleep negatively impacts the speed of recovery. 4

LUNG DAMAGE

1. Vapor molecules are smaller than oxygen molecules and end up in places in the lungs that moist molecules don't belong.



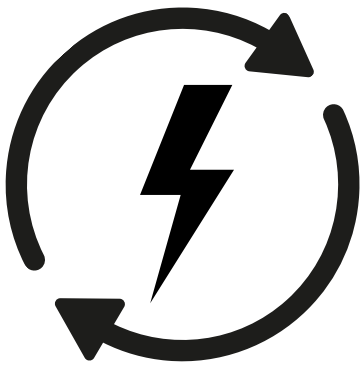


LUNG DAMAGE

2. The warm, moist vapor encourages bacteria to grow and can easily lead to infections and pneumonia in the lungs.

LUNG DAMAGE

3. The inhaled vapor also contains tiny fragments of metal from being drawn through the heating element of the vape device, which can irritate the lungs.



LUNG DAMAGE

4. This irritation of the lungs can impact breathing, leading to a decrease in stamina, endurance, speed, and strength. 2

WHERE TO FIND HELP

There are agencies that can help young people quit vaping.

Call 211

You can also reach out to your school's guidance department or town's youth services agency.

drugfreeCT.org



CITATIONS

1. 2027 Connecticut Youth Risk Behavior Survey (YRBS)
2. Young, S. E., Henderson, C. A., & Couperus, K. S. (2020). The effects of electronic nicotine delivery systems on athletes: Current Sports Medicine Reports, 79(4), 146-150.
3. Troiano C, Jaleel Z, Spiegel JH. Association of electronic cigarette vaping and cigarette smoking with decreased random flap viability in rats. JAMA Facial Plast Surg. 2019;27:5-70.
4. Brett EI, Miller MB, Leavens ELS, Lopez SV, Wagener TL, Leffingwell TR. Electronic cigarette use and sleep health in young adults. J Sleep Res. 2020 Jun;29(3):e72902. doi: 10.1111/jsr.72902. Epub 2019 Sep 4. PMID: 37486154; PMCID: PMC7299771