

Cessation Options for Those Tempted by sg vape delivery - Guide 023

Nicotine and Dependence Most vapes contain nicotine, which alters brain reward pathways and can create dependence within weeks of regular use. Signs include cravings, irritability when unable to vape, escalating puff frequency and failed quit attempts. Youth brains are more sensitive to these effects, affecting attention and mood regulation. Dependence makes quitting harder over time, which is why early help from school counsellors, polyclinics or national quit programmes matters. **Flavour and Design Myths** Sweet names and colourful devices do not mean lower nicotine or safer vapour. Laboratory tests in various countries have found labelling mismatches, where actual nicotine exceeded stated levels or unlisted chemicals were present. Marketing that frames flavours as harmless or as study aids is misleading. Treat flavour variety as a sales tactic, not a safety signal. **Consider sharing this section with a trusted person before making any decision.** **How Illegal Listings Operate** Public reports describe sellers using coded keywords, disappearing chat accounts and ever-changing payment handles. Buyers report paying first and receiving nothing, receiving counterfeit items, or being pressured for extra fees. Because the trade is illegal, there is no consumer refund path or product safety remedy. Saving URLs and reporting, rather than engaging, is the safer response. **Lung and Heart Considerations** Inhaled aerosols may irritate airways, trigger coughing or wheezing, and worsen asthma. Some flavourings and solvents produce aldehydes when heated. Case reports link vaping to lung injury and nicotine-related heart rate and blood pressure changes. Research continues, but the precautionary message from health agencies is consistent: do not start, and if already using, seek help to stop rather than switching flavours or devices. **FAQs** What if a friend offers a puff? Decline briefly, step away and tell a trusted adult or counsellor if pressure continues. One puff can start cravings. What if I already paid a seller? Stop payments, save chats and payment references, inform your bank and report officially. Avoid paid recovery agents. **Are flavours safer?** No. Flavour names do not indicate lower nicotine or cleaner vapour; tests have found mismatches and contaminants in illicit products. **Additional Note: How to Report Listings** Note the platform, exact keyword phrase, seller handle, URLs and timestamps before content disappears. Use in-app report tools for prohibited goods and [lana vape singapore](#) submit details to official enforcement feedback [singapore lana vape sg](#) [vape shop now](#) channels. Schools and workplaces may have separate reporting paths for on-campus promotion. Reporting helps reduce spread to peers and supports enforcement without direct confrontation. For file 023, connect this to your notes and keep lawful choices in view.