

Vaping, E-Cigs, and Addiction

What Parents Need to Know.....

WHAT IS VAPING?

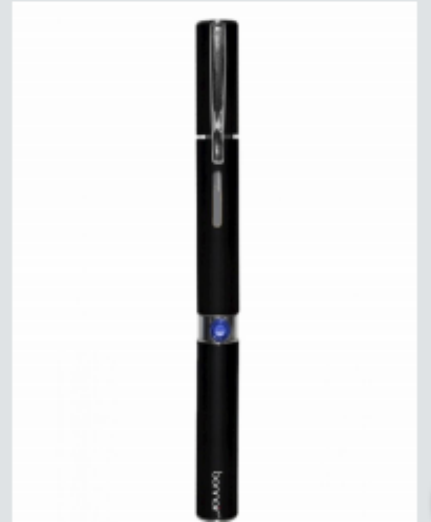
Vaping is the **act of inhaling and exhaling the vapor** produced by an electronic cigarette or similar device.

A vaporizer pen or *vape pen* (a type of electronic cigarette) is a device ranging in size from a standard pen to a large cigar that one can use to inhale heated ***propylene glycol (anti-freeze)** or ***vegetable glycerin** (the main ingredients in the *E-liquid*) and blow out the vapor.



IT HAS THREE COMPONENTS:

1. A LIQUID CARTRIDGE CALLED E-LIQUID:
USED TO PRODUCE THE VAPOR. *IT IS OFTEN FLAVORED AND CAN CONTAIN NICOTINE, DANGEROUS CHEMICALS AND/OR OTHER DRUGS.
2. A HEATING ELEMENT KNOWN AS THE ATOMIZER.
3. A RECHARGEABLE BATTERY TO POWER THE ATOMIZER.



JUUL- THE NEW VAPING DEVICE



A new vaping device that's "gone viral" on high school and college campuses doesn't look like a vaping device at all, and its popularity has adults wondering what can be done to address it.

The Juul vaporizer (stylized as "JUUL") looks like a USB flash drive. It even charges when plugged into a laptop. It's small enough to fit inside an enclosed hand, and comes with flavors like creme brulee, mango and fruit medley, all of which are "kid friendly".

The rise of "gadgets like Juul, can fool teachers and be brought to school.

Students plug the Juuls into their laptops during class to charge them, and can fill the devices with marijuana, a homemade substance or Juul-issued flavor "pods," which can deliver more than double the nicotine — and nicotine buzz — of other vaping products.

HARMLESS WATER VAPOR?

IN FACT, IT'S NOT JUST WATER,

IT'S NOT JUST VAPOR,

AND IT IS NOT HARMLESS.

THE VAPOR:

- VAPOR IS THE GASEOUS STATE OF A SUBSTANCE.
- E-CIGS ACTUALLY EMIT AN AEROSOL, WHICH IS A SUSPENSION OF PARTICLES WITHIN A GAS.

THE WATER:

- YES THERE'S SOME WATER. BUT THERE IS ALSO PROPYLENE GLYCOL (ANTI-FREEZE) , VEGETABLE GLYCERIN, AND OTHER CHEMICAL LIQUID CARRIERS FOR THE NICOTINE OR OTHER E-LIQUID.

OTHER CHEMICALS...

FORMALDEHYDE?

FORMALDEHYDE IS A STRONG, COLORLESS, BUT TOXIC CHEMICAL. IT IS A KNOWN CARCINOGEN.

E-CIGARETTE VAPOR CAN CONTAIN CANCER-CAUSING FORMALDEHYDE AT LEVELS UP TO **15 TIMES HIGHER** THAN REGULAR CIGARETTES..



E-LIQUIDS MAY ALSO CONTAIN OTHER CANCER-CAUSING INGREDIENTS—
SUCH AS LEAD AND ARSENIC .

Do E-Cigarettes cause Popcorn Lung?

Popcorn Lung is an irreversible, life-threatening lung disease officially called bronchiolitis obliterans. It got its name after a group of former employees at a microwave popcorn factory developed the condition. The cause was diacetyl, the chemical responsible for the buttery flavor in the popcorn. It's safe to eat, but extremely dangerous for the lungs when inhaled.

Diacetyl is found in many popular flavors of e-liquid. In fact, 75% of flavored e-cigarettes and their refill liquids were found to contain diacetyl!



Other dangers.....

NICOTINE IS A DANGEROUS ADDICTIVE DRUG

Although the liquid used in e-cigarettes can contains lower levels of nicotine than traditional cigarettes, it's still **addictive**. And, reports the CDC, vaping **doubles the odds** that the user will advance to smoking traditional cigarettes.

Health effects of Nicotine- increases blood pressure and heart rate, and prolonged use has been linked to heart attacks and death.

Evidence also shows that **it can be harmful to brain development**. **Adolescents are particularly vulnerable to those issues.**





More dangers..

They could be vaping fruit flavored concentrate/e-liquid (which has Propylene glycol or diacetyl in it, etc), or.. nicotine, or.. "dab", a highly concentrated, highly potent form of marijuana (equal to 20 joints).

Or worst of all, it could be a deadly concoction of chemicals and/or synthetic marijuana or other drugs which can kill you upon vaping it..

POISONINGS!

It is important to remember that although there is no tobacco in e-cigarettes, they contain nicotine. Nicotine is so toxic that it is used as a pesticide. Liquid nicotine sold in cartridges for e-cigarettes can be lethal if ingested in amounts as small as one teaspoon.

The poison control center reports 215 calls in the month of February 2014 alone and 51 percent of those calls involved children. So not only are there toxic side effects to many parts of the smoker's body, but the **cartridges themselves are a hazard, especially to small children.**

Poison center calls involving e-cigarettes



EXPLOSIONS!!



204 e-cigarette explosions, resulting in 130 injuries or deaths, were reported in the news between August 2009 and November 2016.

***The Lithium Battery is what explodes.** Over charging the battery, putting the device near anything metal like keys, cell phones, etc., and also keeping device in a cluttered area increases risk of battery explosion.

Vaping Addiction

Much like anything else these days, **vaping** too can be addictive, even if you are not vaping nicotine. Anytime you engage in a repetitive action, or become reliant on excessive use of that action, to feed a pleasurable activity; and/or use it as a way to cope, it can turn into an **addiction**.

ADDICTION CHANGES YOUR BRAIN CHEMISTRY



Why are teens so attracted to vaping?



The pens are made to look fun and enticing to young people...

Vaping liquid is marketed to children by using familiar candy flavors....

In 2016, legislation passed which classified electronic cigarettes and e-liquids as tobacco products. So just like cigarettes, you have to be 18 years old to purchase or use vaping products.

Additionally, electronic cigarettes, e-liquids, and vaping products are viewed the same as tobacco in Palm Beach County Public Schools. Students are not permitted to have these items on campus regardless of their age.

Talking With Teens

So the good news is that cigarette smoking has decreased over the years, kids and adults have gotten the message it is bad for you. Unfortunately, kids are now getting the marketing message that vaping is an acceptable alternative. As parents and educators, we need to combat that message!

When talking to your teens about vaping, play it casual and try not to be critical or judgemental.

Timing is everything. Look for natural opportunities to have the discussion. Or you could begin the discussion with "I've read or heard this, or I'm curious what you've heard about it." Or, "Do you know any kids that are using e-cigarettes?" or "What do your classmates think about e-cigarettes?" What do you think about vaping?

Know what to look for: It's harder to detect if kids are using e-cigarettes compared to traditional cigarettes. They won't have smoke on their breath, but you may smell something sweet.... Or they may show signs of nicotine withdrawal, like the irritability adult cigarette smokers can experience. They may be spending money on vape products and may be hanging out with other kids who vape.

Get educated and stress the seriousness of vaping, as a decision to not just make on a whim, but one with potential consequences of lifelong problems. They need to hear from you that it is a serious drug. **Today's teens are health-savvy.** When you tell them nicotine can lead to high blood pressure, fatigue and sudden mood changes, and that it can lead to a lifelong, expensive and health-harming addiction, those are the things they want to avoid for themselves.

Finally, be the message. If you don't want your kids to vape, don't vape either. Children of people that use products like vaping and nicotine are more likely to use them. If you do smoke or vape, talk to your kids about your struggle and how you want them to avoid that in their lives. Think about quitting not only for them, but for yourself.

- This presentation's content was taken from existing material developed by Clarkstown School District, NY.
- For additional information, please visit <http://stillblowingsmoke.org/>