

A VAPING BREAKDOWN

BEFORE THE TALK

- Be patient and ready to listen.
- Avoid criticism and encourage an open dialogue.
- Remember your goal is to have a conversation, not to provide a lecture.

START THE CONVERSATION

What is an e-cigarette?

An e-cigarette is a battery operated devices that people use to inhale aerosol. E-cigarettes come in various shapes and sizes. An e-cigarette contains two major components: the battery operated part and the cartridge/pod.

What's in an e-cigarette?

E-cigarette aerosol contains harmful and potentially harmful chemicals, including:

- Nicotine (found in both liquid component and aerosol)
- Ultrafine particles that can be inhaled deep into the lungs
- Flavorings, such as: diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds such as: benzene, which is found in car exhaust
- Heavy metals, such as: nickel, tin, and lead

Scientists are still working to understand more fully the health effects of using an e-cigarette and harmful doeses of e-cigarette contents when they are heated and turned into aerosol. When the liquid solution is heated it turns into aerosol.

What's the big deal about nicotine?

- Nicotine is a substance found in all tobacco products.
- Nicotine is addictive, poisonous and can harm your child's brain development.
- Using nicotine at your age may make it harder for your child to concentrate, learn, and/or control impulses.
- Nicotine can train your child's brain to be more easily addicted to other drugs like meth and cocaine.
- Most e-cigarette juices contain nicotine (99.6%)
- Electronic Nicotine Delivery Systems (ENDS) without nicotine deliver toxic and cancer causing chemicals. For example, the delivery agent, propylene glycol, found in all ENDS with or without nicotine, changes to formaldehyde when heated.

Why shouldn't people vape?

Brain Risks

The part of the brain that's responsible for decision making and impulse control is not fully developed during adolescence. Youth and young adults are uniquely at risk for long-term, long-lasting effects of exposing their developing brains to nicotine.

These risks include:

- Nicotine addiction
- Mood disorders
- Permanent lowering of impulse control
- Nicotine also changes the way synapses are formed, which can harm the parts of the brain that control attention and learning.

Addiction

Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people's brains build synapses faster than adult brains. Because addiction is a form of learning, adolescents **can get addicted more easily than adults**. The nicotine in e-cigarettes and other tobacco products can also **prime the adolescent brain for addiction to other drugs such as cocaine**. Another risk to consider involves defective e-cigarette batteries that have been known to cause fires and explosions, some of which have resulted in serious injuries. Most of the explosions happened when the e-cigarette batteries were being charged.

Are e-cigarettes safer than conventional cigarettes?

Use of Two or More Tobacco Products

Some people have suggested that the use of e-cigarettes by young people might "protect" them from using cigarettes. There is no evidence to support this claim. Some studies show that non-smoking youth who use e-cigarettes are more likely to try conventional cigarettes in the future than non-smoking youth who do not use e-cigarettes. And among high school students and young adults who use two or more tobacco products, a majority use both e-cigarettes and burned tobacco products.

For more information -

Call 1-888-354-Plan (7526) or quitplan.com