



# What Is VAPING



Vaping is the act of inhaling and exhaling a vapor made from liquid that is heated in an electronic powered device. The liquid can contain flavor and nicotine. Generally, the vaping device consists of a battery, a cartridge for containing the e-liquid (nicotine) and a heating component. The electronic cigarette looks very much like a real cigarette in shape and size. Other devices resemble USB flashdrives that are often more difficult for parents and teachers to recognize. Contrary to some media reports, vaping is not risk-free, especially for kids and teens.



## What's The Appeal?

Recent studies have shown teenagers attitudes toward e-cigarettes. They think "it's cool", it's novel, it's high tech, and it has many flavors. They perceive it to be less risky to them than cigarette smoking. In some cases this is a

gateway to trying real tobacco products. In 2017, nearly 30% of high school seniors said they'd used e-cigarettes compared to just 4% who said they smoked real cigarettes. Students as young as 12 or 13 are now more likely to vape than smoke. Many teens are under the impression that because e-cigs don't contain tobacco, they pose little risk to health. Research has turned up evidence that vaping can pose many new health risks.

## A Rainbow Of Flavors

E-juice (liquid nicotine) comes in a variety of flavors that make the vapor have flavors from blue raspberry to cinnamon breakfast cereal. In one survey, nearly 82% of young e-cigarette users said the reason they vape is "because they come in flavors I like".

Vaping products are marketed to capture youth culture. The very popular JUUL e-cig device plugs into a laptop USB port to charge. The devices can be filled with a homemade substance or JUUL issued flavor 'pods' which can deliver more than double the nicotine and nicotine buzz of other vaping products. JUUL devices and pods can be ordered online from it's website. The rise of gadgets like JUUL, can fool teachers and are often brought to school.



## Vaping, A Health Threat?

The US Surgeon General is calling e-cigarettes/ vaping an emerging public health threat to the nations youth. The FDA has also announced a series of new enforcement and regulatory initiatives.

While enforcement is a major problem, much scientific research is needed to understand the particles present in the vape steam and their longer-term impact on the body. Actions are also focussed on companies that are marketing products to kids in misleading ways.

## Hidden Dangers?

Research shows that vaping can pose new risks. The vapors weaken the immune system. Some studies show 'smokers cough' and bloody sores have begun showing up in teen users. Some new data even suggests that e-cigs/ vapors may contain cancer-causing chemicals. Vaping introduces nicotine into the user's body, and nicotine is highly addictive.

## Some Known Dangers:

- Accidental ingestion of vape liquid can cause poisoning.
- Metal particles are found in vape steam.
- Vapes contain formaldehyde or embalming fluid.
- Pneumonia is a risk for vape users.
- Nicotine is actually a poison and is highly addictive.
- Vaping leads to smoking real tobacco cigarettes.
- Inhaling devices can explode in the users mouth



Distributed by the Elks Drug Awareness Program



Funded by a Grant from the Elks National Foundation, Inc.