Vaping, E-cigs, and Addiction

WHAT PARENTS NEED TO KNOW.....
What is it?
What are the risks and dangers?
Why are teens attracted to it?
What are the rules and laws?
How to talk to your kids about it.
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.
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.

One Juul pod contains as much nicotine as a pack of cigarettes!
IN THE PAST...SMOKING USED TO BE EVERYWHERE IN AMERICAN SOCIETY. FIFTY YEARS AGO, 42.4 PERCENT OF U.S. ADULTS SMOKED!

The Surgeon General’s Office estimates that almost nine out of 10 smokers began smoking before age 18, while virtually every smoker — (99%) started by age 26. That is why so many efforts over the years have been made to prevent children and teens from picking up that first cigarette, leading to addiction. And it has worked! Smoking rates among adults and teens are less than half what they were 50 years ago!!

So, Big Tobacco has been hurting....
Some of the biggest, most widely available e-cigarette brands are owned by tobacco companies. Here’s a snapshot of the tobacco giants’ family tree, including their newest babies - e-cigarettes.

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<td>Imperial Tobacco</td>
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**Cigarette Brands**
- Camel
- Pall Mall
- Newport
- American Spirit
- Marlboro
- Parliament
- Virginia Slims
- Winston
- Salem
- Kool
- Maverick

**E-Cig Brands**
- VUSE
- Green smoke/Mark Ten
- Blu
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.
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!
NICOTINE IS A DANGEROUS ADDICTIVE DRUG

Although the liquid used in e-cigarettes can contain 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.

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
Addiction, teens and the brain... Why wait?
Marketing strategies....

Marketing e-cigs to adults who smoke traditional cigarettes is one thing......(For Example, E-cigarettes as a step down if they are traditional cigarette smokers). However, studies indicate most smokers stay addicted to the nicotine. E-cigarettes are not an approved method of smoking cessation and more research is needed. There is still a lot we do not know...

(Example)
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....
Marketing to kids?

Why people are outraged about flavored E-Cigs.....

*Candy Flavored Addiction*... E-cig companies claim they’re not marketing to kids....

What do you think?

**Why are they marketing to kids and teens?**
E-CIGARETTES ARE A $2.5 BILLION INDUSTRY

And that’s just in the United States!
**Getting teens and young adults addicted makes the industry billions of dollars.**

IT'S THE NEXT GENERATION CIGARETTE.*

FOR THE NEXT GENERATION OF ADDICTS.
Vaping is quickly becoming the new smoking among teenagers. According to the latest National Youth Tobacco Survey released by the Centers for Disease Control, e-cigarette use among middle and high school students tripled in 2014. It appears to be attracting new users, mostly teenagers who have never smoked.
How do E-Cigarettes influence teen smoking?

*Studies have found that teen use of e-cigarettes was strongly associated with cigarette smoking..

*Teens who started vaping in middle school were 7x more likely to smoke cigarettes by age 21.

*Teens who vape are 3X more likely to smoke cigarettes one year later.
HOW OLD DO YOU HAVE TO BE TO PURCHASE VAPE PRODUCTS?
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.

In New York City, the age to purchase/use vaping products is 21. On-line sales of vaping products require that you be 21 years old...

This year another law went into effect in NYS banning the use of vaping devices including e-cigs from all public places.
There are serious consequences for Using/Selling/Buying and or Possessing Vapes/E-Cigs in school or on school grounds.

*In July 2017, Governor Cuomo passed a NY State law prohibiting the use of all vape devices on school property! So even adults can't vape or use E-Cigs on school grounds.*
Did You know?  

If you are a Clarkstown athlete and get caught using or possessing illegal drugs, performance enhancing substances, alcoholic beverages, tobacco products, electronic cigarettes and/or a vape pipe you will be immediately suspended for 25% of the games in your season.

If you are out-of-season and get caught the penalty will be enforced during the start of the next season you participate in!
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.
For more information on vaping:

www.stillblowingsmoke.org
E-cigarettes.SurgeonGeneral.gov

8th GRADE D-SCHOOL-DIANE CLEARY 845-624-3972 ext. 5731
7th GRADE C-SCHOOL-DAWN FALBORN 845-624-3971 ext. 5391
6th GRADE A-SCHOOL-JODI JANIS 845-624-3969 ext. 5496