



# ELECTRONIC CIGARETTES/VAPING: What Parents Need to Know

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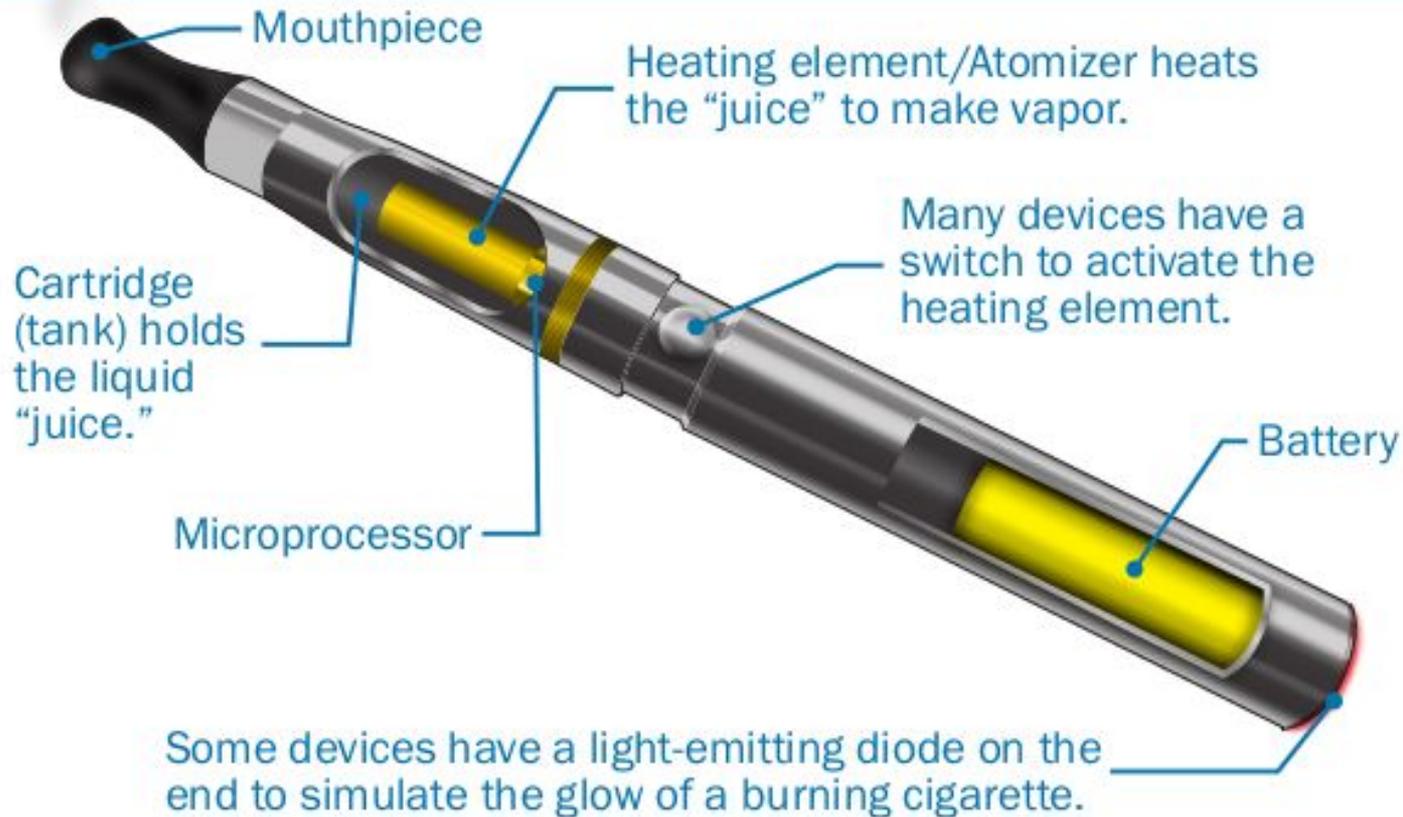
<https://www.cnn.com/videos/health/2018/04/06/high-school-students-vaping-e-cigarettes-gupta-orig.cnn>

# What is an Electronic Cigarette or Vaping Device?

- Electronic cigarettes, or vapes, are battery-operated devices that people use to inhale an aerosol which is created by the e-cig heating the liquid in the device. This liquid typically contains nicotine (though not always), flavorings, and other chemicals.
- Some vapes are disposal and some are rechargeable and refillable.
- They come in all shapes and sizes. Some e-cigarettes are made to look like regular cigarettes, cigars, or pipes. Some resemble pens or USB sticks. There are larger devices such as tank systems, or “mods,” these do not resemble other tobacco products.
- Types of electronic vaporizers include e-cigs, vapes, vape pens, vaporizers and E-hookahs.



# Parts of an Electronic Cigarette



# Why Talk About Vaping?\*

- E-cigs are now the most commonly used form of tobacco among youth in the U.S. Use has grown 900% over the past few years
- Dual-use is common among young adults, aged 18-25
- Youth report using e-cigs out of curiosity, taste and the belief that they are less harmful than traditional nicotine products.
- 8 out of 10 e-cig users between the ages of 12-17 say they used flavored e-cigs, favoring menthol or sweet flavors like candy, chocolate or fruit flavors.
- As cigarette smoking decreased among youth, e-cig use has been on the rise.
- Vape manufacturers spend \$88 billion dollars a year on advertising, much of it targeting youth.

# If it's just vapor what's the issue?

- One of the attractions for young people are the large clouds they can make with a vape, believing that this is just water vapor. **Vapor** is a substance diffused or suspended in the air, especially one that is normally liquid or solid. **Aerosol**, which is the output of e-cigarettes, is a concentrated suspension of fine solid particles or liquid droplets in air. In the case of e-cigs it is a mixture of many different chemicals that were either present in the e-liquid before or produced during the heating process.
- **E-liquid** is the mixture used in e-cigarettes and generally consists of propylene glycol, glycerin, water, nicotine, diacetyl, and heavy metals such as nickel, lead and tin.
- The level of nicotine in e-cigs and e-juices can vary, ranging from 0 - 36 milligrams of nicotine per milliliter. However, The JUULpod, has exactly 59 milligrams of nicotine per milliliter which is the same amount of nicotine in A PACK OF CIGARETTES!

# Health Risks

- Nicotine is a stimulant, addictive, and can be toxic at high doses.
- Nicotine can harm adolescent brain development, which continues into the early to mid-20s.
- As a stimulant, nicotine can make your heart beat faster.
- Nicotine can independently cause trouble breathing and damage to your lungs, independent of all of the other chemicals and toxins.
- Nicotine can cause you to have increased acid reflux.
- Also, it can cause insulin resistance, making it potentially more dangerous for those with diabetes.
- Nicotine can even negatively impact your reproductive organs.
- There has been an increase to calls to the National Poison Center regarding e-cigarettes and vape pens with most calls coming from parents whose children just ingested and drank something that they believed was just juice.

# Risks beyond those from nicotine:

- Diacetyl , one of them chemicals found in e-liquids of sweet flavors, is believed to lead to “popcorn lung” ( constrictive bronchiolitis obliterans) which causes the small airways in the lungs become irreversibly scarred and constricted, impairing breathing.
- Other flavorings, like cinnamon ones, may contain cytotoxic ingredients.
- Eye, ear, and throat irritation is common among vape users.
- The aerosols produced by the e-cigarette enter the lungs, leaving a chemical residue behind.
- The bottom line is that while we do know some of the risks, the product is too new for there to be long term studies - remember people used to think cigarettes were safe!

# And then there is Thirdhand Smoke:

- Secondhand smoke is smoke from burning tobacco products, such as cigarettes, cigars, or pipes and is toxic when inhaled.
- It is not yet known whether secondhand aerosol from e-cig devices is harmful.
- Thirdhand smoke is when the vapor cloud dissipates and leaves behind the chemicals in e-cig vapor/aerosol that remain on surfaces and in dust. These chemicals react with other chemicals in the environment to form toxic chemicals that are re-released into the environment.
- People and pets can be exposed to these potentially harmful chemicals through the respiratory system, by ingestion, or through skin exposure.
- Small children are especially at risk for thirdhand smoke exposure because they tend to touch surfaces and put their hands into their mouths and they have more vulnerable skin.

# Marketing and the targeting of youth

- Many of the big tobacco companies are the same corporations manufacturing vaporizers: Newport sells Blu, Marlboro sells Mark Ten, and Camel sells Vuse.
- If you take a closer look at e-cigarette marketing, you'll notice the industry's attempts to make them trendy and appealing to youth.
- 7000 e-juice flavors are a big lure, especially among young people.
- E-cigarette/vape pen companies try to recruit new customers by sponsoring events that are popular among young people, like music festivals.
- Sports fans are targeted through brand sponsorships or by indirectly attempting to associate e-cigarette and vape pen products with sports themes.
- And if there was any doubt - 90% of adult smokers began before age 18 - tobacco companies know how to attract their next generation.

# District Policy - Policy 5533 -Pupil Smoking

For the purpose of this Policy, "smoking" means the burning of, inhaling from, exhaling the smoke from, or the possession of a lighted cigar, cigarette, pipe, or any other matter or substance which contains tobacco or any other matter that can be smoked, including the use of smokeless tobacco and snuff, or the inhaling or exhaling of smoke or vapor from an electronic smoking device.

For the purpose of this Policy, "electronic smoking device" means an electronic device that can be used to deliver nicotine or other substances to the person inhaling from the device, including, but not limited to, an electronic cigarette, cigar, cigarillo, or pipe.

The Board prohibits smoking by pupils at any time in school buildings and on any school grounds, at events sponsored by the Board away from school, and on any transportation vehicle supplied by the Board.

The consequences, as laid out on page 15 of the student handbook, are out of school suspension with a parent conference.

# What Can Parents Do?

- Discuss vaping with your child - see what they know, clarify misperceptions.
- Familiarize yourself with the tools of vaping so you can recognize them if found around your house. If you find them or learn your child is using vapes:
  - Talk calmly about your concerns
  - Listen to their reasons for having started smoking so you can talk about healthy alternatives.
  - Be clear about your expectations in terms of smoking and the use of these devices.
- Use your school resources if you have questions or concerns.
- Keep learning!

# References

<https://www.dontgetvapedin.com/>

<https://www.cdc.gov/features/ecigarettes-young-people/index.html>

[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/index.htm](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm)

<https://www.drugabuse.gov/publications/drugfacts/electronic-cigarettes-e-cigarettes>

<http://www.rfhalliance.org/MunicipalAlliance/downloads/E-cigarettesGuide.pdf>

<http://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html>