



WHAT IS VAPING?

Vaping refers to the inhaling and exhaling aerosol (vapor and chemicals) from electronic cigarettes and other vaping devices.

Vaping Nicotine E-cigs are the most common vaping devices. They are designed to mimic traditional smoking with each drag, nicotine and other chemicals are drawn into your body and lungs.

E-CIGS HAVE THREE PARTS:

A battery, vaporizer and a cartridge. The battery heats up a liquid solution in the cartridge each time a user draws in, a fog like aerosol is produced.

E-cigs are sold in stores and online. While many states are limiting sales of e-cigs to adults they are readily available to minors. The FDA is currently working to regulate the sale of labeling of e-cigs, but no rules have been issued yet. There is no uniform labeling of contents including the amount of nicotine and the presence of cancer causing chemicals.

There is no way to know what is really in e-cigs that is why they're so dangerous. There is a growing trend to customize vaping experiences by using personal vaping devices (PVDs) or mechanical mods. These devices may be larger, refillable, and claim to control the amount of nicotine. There is no way to know for sure.

AREN'T E-CIGS HARMLESS?

E-cig ads and online forums may say that using an e-cig is harmless because you are just inhaling water vapor....THIS IS NOT THE CASE!!!! We do know that e-cigs contain unknown carcinogens. Unlike traditional cigs, there are no long term studies of the health impact of using e-cigs.

Slang Terms for e-Cigs include DIGI-CIGS, CIG-A-Likes, Hookah Pens, Vapor Cigs and Vape Pens

WHAT IS E-JUICE?

E-juice is the liquid solution that contains various chemicals designed to make vaping pleasurable and addictive.

The most common e-juice liquid is nicotine mixed with propylene glycol (to help create vapor), vegetable glycerin (a preservative), other solvents, and flavorings. E-juice contains impurities: cancer causing chemicals, insecticides, and other toxic chemicals and poisons.

THE DANGERS:

Is nicotine dangerous????? YES!

Nicotine is a neurotoxin; it is as addictive as heroin. It is particularly dangerous to teens because their brains are still developing. When you inhale nicotine vapor it enters your brain in 8 -10 seconds and gives you an immediate buzz, elevates blood pressure, increase heart rate, constricts blood vessels releases histamines and can only be broken down by the liver and kidneys. Nicotine in its purest form is a deadly poison. Swallowing one tablespoon of e-liquid could kill an adult.

DO THEY ALWAYS CONTAIN NICOTINE?

Some e-juice cartridges say they are nicotine free, but since they are not regulated, it is impossible to know for sure.

MOST E-CIGS CONTAIN NICOTINE

Companies have an interest in putting nicotine in all of their cartridges because it will keep you coming back for more. Even e-cigs that claim to be nicotine free still deliver a hit of ultrafine particles that can contribute to lung conditions and cardiovascular disease.

MARKETED TO HOOK TEENS:

Teens are targeted by e-cigs designs and advertising. The devices are brightly colored with candy flavors. Ads try to make vaping look cool, sexy and glamorous,

Flavors include: Jolly Rancher ® Airheads ® Cotton Candy, Chocolate, Gummy Bear, Bubble Gum.

These flavors help to disguise nicotine the highly addictive drug

Many traditional cigarette companies are now in the e-cig business as well. They hook teens with the same advertising techniques they used years ago for smoking.

WILL I GET ADDICTED? YES!!!!

Nicotine addiction is very hard to quit and can cause serious withdrawal symptoms including: Headaches, nausea, constipation or diarrhea, irritability, falling heart rate and blood pressure, fatigue, drowsiness, insomnia difficulty concentrating and anxiety

E-Cigs are not safe

E-cig aerosols contain known cancer causing toxins including metal particles.

Nicotine is highly addictive and may increase a teen's risk of addiction to other drugs.

E-cigs are a gateway to traditional smoking and the #1 cause of cancer and early death.

E-cigs are equally as addictive as regular cigarettes but may contain fewer toxins.

In addition to vaping juices these devices can also be used to vape marijuana.

Talk to your children about the dangers of vaping. * Resources come from www.hmrvideo.co