

# VAPING

TALK to your kids about vaping:

- ✓ Vaping is not harmless
- ✓ Vaping increases exposure to harmful chemicals (formaldehyde, aluminum, tin, nickel, benzene)
- ✓ Studies have shown that vaping leads to a nicotine addiction, which often leads to smoking traditional cigarettes
- ✓ The long-term consequences of vaping are unknown
- ✓ Vapes were invented to reduce the risk to smokers of regular cigarettes
- ✓ Vapes are enticing non-smokers and young kids at alarming rates

Vapes or e-cigarettes are battery-powered devices that allow users to inhale or “vape” into their lungs aerosolized liquid that contain nicotine, e-liquids, chemicals and can be used to vaporize marijuana (odorless). The term “juuling” comes from JUUL, a company that makes e-cigarettes that look like USB devices and plugs in to charge. These are very popular due to their size and sleek look. It is easy to hide from parents. Juuls seem to be the most popular device for young people.

Here is what they look like:



These can be bought at many locations. The legal age to purchase vapes is 18. However, schools have seen kids as young as 11 years old vaping.

The most fluids contain nicotine in varying amounts. For example, one Juul pod has the same amount of nicotine as a pack of cigarettes. They come in several flavours which attract consumers. It is important to note that while the devices are regulated, the fluids/pods are not. This means the chemicals in

the fluids have not been approved and will vary by manufacturer. In addition to nicotine and other chemicals, a user can vape THC (the high-inducing component of cannabis).

The adolescent brain is extremely sensitive to nicotine, studies show that nicotine can interfere with memory and attention processing. Exposure to nicotine may cause reduced impulse control and cognitive and behavioral problems, concentration and increase depression and anxiety.

In the US, as of November 2019, there has been 2,291 cases of vaping related illnesses and 48 deaths. In Canada, 13 cases of vaping related illnesses has been reported. The exact reason for the illnesses has not yet been positively proven.

There is no burning during vaping, instead the liquid is heated. This process can cause reactions that create new chemicals that have not been approved. Using vaping products with higher power and temperature settings can produce toxic combinations. In addition, vaping negatively impacts oral health (breakdown of enamel, soft tissue and dry mouth).

There are characteristics that can make vaping products hard to recognize or detect. They come in a variety of shapes, sizes and colours. Liquids come in a variety of flavours and levels of nicotine and vaping may not have an odor. While vaping is less harmful than smoking, it is NOT harmless. Vaping causes the level of nicotine in the blood to peak higher than it does with traditional cigarettes! The alarming fact is-vaping is so new we do not know long-term effects of vaping. Talk to your kids about the health risks!

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For a list of cited sources please contact our office at 306-236-4804