



VAPING

T H E B A S I C S

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Most vape products contain nicotine. Nicotine is a highly addictive substance. For example, each JUULpod contains 0.7mL with 5% nicotine by weight, approximately equivalent to 1 pack of cigarettes or 200 puffs. In addition, nicotine is a stimulant and can raise blood pressure and increase heart rate.



Vaping is the act of inhaling and exhaling the aerosol, often referred to as vapor, which is produced by an Electronic Nicotine Delivery System (ENDS) the official name for any e-cigarette or electronic vaping device. Vaping devices include e-cigarettes, vape pens, and personal vaporizers (also known as MODS).

The liquid, juice or e-juice, is heated into an aerosol and may or may not contain nicotine. It is sold in vials, pods or replaceable cartridges and comes in attractive flavors. Vaping devices are also used to inhale other drugs. Liquid TCH, the psychoactive ingredient in marijuana, is among the most popular, but other liquids can be heated and inhaled, presenting unknown dangers. Juul, Bo, Blu and others are popular brands of electronic vaping devices.

In Massachusetts, vape products cannot be sold to anyone under the age of 21. This includes devices.

Studies have shown that vape products that advertise zero nicotine may still contain small amounts. In addition, there may be contaminants in the product, especially if made outside the USA. Heating elements in vaping devices are coated with special metals and the heating process can alter chemical properties of what is inhaled. These things pose a direct danger to your lungs and overall health.



Photosource: Truthinitiative.org

Vaping is not safe.

Electronic vaping devices create an aerosol (NOT water vapor) consisting of a mix of chemicals and sometimes heavy metals. Examples found in aerosol produced by these devices and heated vape products include:

- Propylene glycol
- Formaldehyde
- Cadmium
- Chromium
- Lead
- Manganese
- Nickel

Other risks associated with vaping include:

- Inhibiting brain development
- Building pathways to addiction
- Behavior changes
- Increase risk of smoking later in life

The Centers for Disease Control and the National Institute of Health have excellent information on vaping.

Keep in mind that flavorings approved by the FDA as food additives are ingested.

Flavoring added to vapor products were never approved for INHALATION.

Cinnamon and mint flavors are particularly irritating to the respiratory tract.

There is current pending legislation in Massachusetts to ban flavored vaping products.

Lung Disease Outbreak Associated with Vaping:

September 2019

The **Centers for Disease Control**, FDA, and local health officials are investigating an outbreak of lung disease associated with e-cigarette product use (devices, refill pods, and/or cartridges). Many, but not all, cases were related to use of TCH in vaping devices.

Currently, the CDC recommends that you consider **refraining from using e-cigarettes and vaping products** while it continues its investigation.



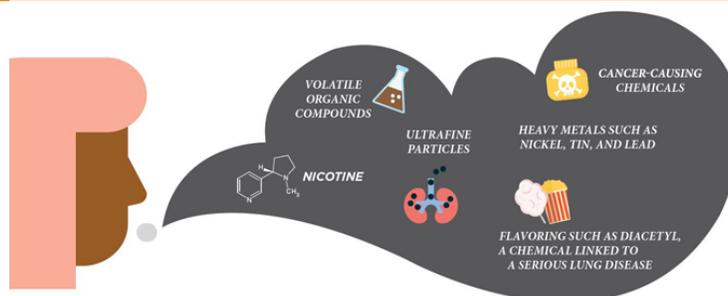
Additionally the Centers for Disease Control recommends:

"Do not buy these products (e-cigarette or vape products containing THC or other cannabinoids) off the street. Do not modify or add any other substances to the product that is not recommended by the manufacturer."

The current Massachusetts ban on the sale of vaping products is a response a declared **Public Health Emergency**. Visit this site for more information.



VAPING THE RISKS



Photosource: cdc.gov

Your Lungs

The vapor in e-cigarettes is NOT water vapor, it is aerosol. Aerosol is a suspension of ultra fine particles that may be inhaled deeply into the lungs. Vape aerosol contains harmful substances such as:

- Nicotine
- Flavorings such as diacetyl that is linked with lung disease
- Cancer causing and volatile organic chemicals
- Heavy metals such as nickel, lead and tin

Your Brain

E-cigarettes are not safe for teens or young adults because they affect brain development. Adolescent brains are not finished growing until around 25 years of age.

Nicotine affects the parts of the developing brain that control impulse, mood, attention and learning.

As an adolescent uses nicotine, the brain rapidly develops neural pathways that are reinforced by repeated vaping behaviors. It is likely that teens who vape will go on to use other tobacco products.

The Heart

As a stimulant, nicotine increases heart rate and blood pressure.

Personal Injury

Defective e-cigarette batteries have resulted in injury.

Children have been poisoned by swallowing, inhaling or absorbing e-liquid through their skin.

Scientists are doing more studies on the long-term health effects of use.

Symptoms

If you use vaping products and experience any of the following symptoms, call your physician.

- cough, shortness of breath or chest pain
- nausea, vomiting, diarrhea
- fatigue, fever, abdominal pain

Lung Disease

A chemical found in vape products, diacetyl, has been associated with a lung disease when inhaled. This disease, bronchiolitis obliterans, is marked by

scarring of the the tiny air sacs in the lungs resulting in thickening and narrowing of the airways. The condition was termed "popcorn lung" because it was first detected in people working in a popcorn plant where diacetyl was used as the buttery flavor in popcorn. Although approved by the FDA as a flavoring, it was never approved for inhaling. Scientists are currently tracking respiratory illnesses to determine the link with vaping. (Source: American Lung Association)

Always talk to your physician first about treatment options. It CAN be dangerous to quit nicotine without consulting with your doctor first.



VAPING TREATMENT

Teens

My Life My Quit is a great site for teens and young adults who want to quit. It has both a text and on-line chat program. Text "Start My Quit" to 855.891.9989 or call to talk to a quit coach.

Become a Smoke Free Teen has information on quitting vaping, as well as quitting cigarettes, and dip tobacco. It includes a **SmokfreeTXT** and a **quitSTART App**. For vaping specific information go to: **Quit Vaping at Smoke Free Teens**. This site includes information on knowing your triggers, dealing with cravings, and understanding withdrawal.

This is Quitting is a free quit vaping and quit smoking mobile program designed for teens and young adults by the Truth Initiative.

Young people can text "**DitchJuul**" to **887-09** for a text messaging program to assist them in quitting vaping. Download the image You Got This and text it to a friend or share it on Instagram to help them quit.

Local Adolescent VAPE Treatment Programs

Vaping nicotine and vaping non-nicotine products can be addictive in nature. The habit-forming acts of repeatedly vaping, hanging out with others who vape, and disregarding rules around vaping can be precursors to other drug use behaviors. The best therapies include behavior management treatment. Always consult a physician to see if nicotine replacement therapy (patch, gum) is helpful in addition to counseling. In addition, teens should elicit the help of a trusted adult or parent in quitting.

Adolescent Substance Abuse Program (ASAP), Boston Childrens Hospital
617-355-2727

*No minimum age. Accepts most insurances. May need a referral or prior authorization. Treats nicotine and marijuana disorders.

CATALYST Clinic Boston Medical Center
617-414-6655

*No minimum age. Treats nicotine and marijuana.

The Addiction Recovery Management Service (ARMS), Massachusetts General Hospital
617-643-4699

YOU CAN QUIT JUULING. TEXT DITCHJUUL TO 887-09 FOR HELP.



Quit Lines

MA HelpLine

1-800-Quit-NOW

(1-800-784-8669)

National Cancer Institute

1-877-44U-QUIT

(1-877-448-7848)

Adults

The Quit For Life program of the American Cancer Society is a phone-based coaching and web-based learning support service to help smokers quit. It includes Text2Quit, live chat, email messaging and more.

Become An Ex is a free digital quit smoking plan created by the Truth Initiative and Mayo Clinic.

There are many resources at **Smokfree.gov**. Use the **QuitGuide** Ap that helps you understand your smoking patterns or use the **quitSTART** Ap for tips. Sign up for **SmokefreeTXT** to quit smoking. For smokers who want to practice quitting, take the **Daily Challenge** to get 1 quit challenge a day for 7 days.

TIPS

FOR QUITTING VAPES



"You CAN do it!"

For more tips on quitting vaping, dip, cigarettes or any tobacco product go to: Smokefree.gov

If you want to quit vaping or quit the use of any tobacco product, here are a few tips.

- **Prepare yourself.** Do your research before starting. Pick an online or mobile support to help you. Set a quit date, make a plan, and stick to it. Talk to others who have quit about what worked for them. Consult your doctor.
- **Ask for help.** Let others know you are quitting. Be specific about what you need. For example, if you get a craving, say, "I may need a break to walk it off, or get some water." or "Be patient with me, I'm trying to quit vaping this week."
- **Don't sweat the slip ups.** It's normal to have a temporary slip. Don't let it stop your quitting process. Pick up from where you left off, and continue trying. It is normal to make several quit attempts before you are successful.
- **Assess and Avoid Triggers.** Triggers are personal moments, places, times or people that you associate with your vaping. Knowing what your habits are (when you vape, where you vape, who you vape with) can help you quit. Changing schedules, mixing up who you hang out with for the week, and having a list of things to do to combat the urge to vape, can all help.
- **Take Care of Yourself.** Don't underestimate the helpfulness of adequate sleep, a healthy diet and exercise. Adequate sleep helps you better manage daily stressors. Crunchy, low calorie foods such as carrots and celery can help satisfy oral cravings associated with vaping, as can cinnamon or mint candy. Plenty of water is a must to flush the nicotine from your body. Exercise such as a brisk walk or short run, or any aerobic activity helps increase the natural endorphins in your brain which can reduce withdrawal symptoms.
- **Invest in your relationships.** Supporting others during their quitting process and thanking those that support you can be a real boost to your success. If a friend gives you a piece of gum when you have a craving, say, "Thanks for helping me stay quit!" and return the favor. Keeping a positive attitude and believing quitting is possible make it so.

