

Cheltenham Communities That Care

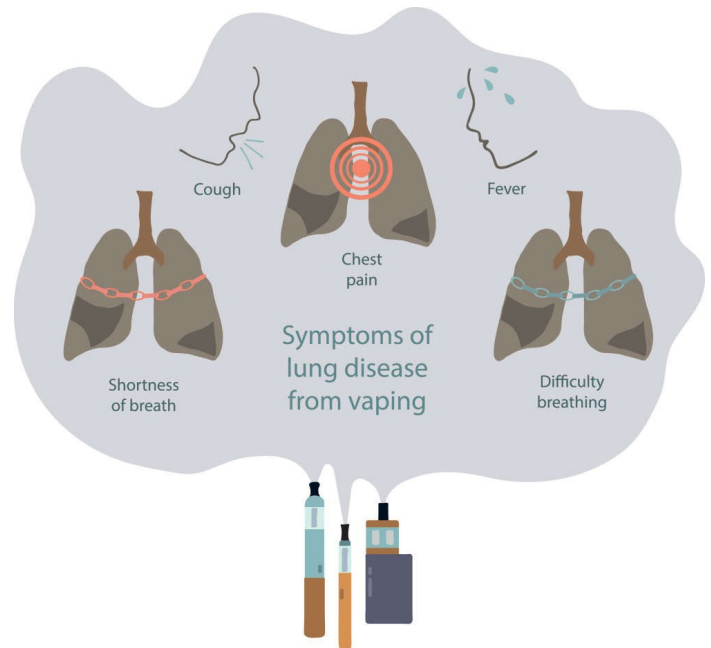
THE DANGERS OF VAPING FOR TEENS

What are the health consequences?

E-cigarettes have grown in popularity among youth. Since they typically do not contain tobacco, it is assumed they aren't as bad as traditional cigarettes; however, that is very wrong because they still contain nicotine.

Smoking e-cigarettes can impact your health by increasing the chances of coughing, wheezing, and heightened asthma symptoms, as well as lead to future use of both traditional cigarettes and drug addiction.

In addition, e-cigarettes produce a number of dangerous chemicals that are inhaled by the users who then exhale these chemicals back into the air, passing on the dangers of second-hand emissions to those in close proximity.



Can vaping affect the brain?

The human brain continues to develop until age 25. Nicotine and other chemicals found in e-cigarettes can negatively impact healthy brain function.

Synapses are strong connections between the brain cells which are created every time a new memory is formed or a new skill is learned.

Because youth are constantly learning and developing, their brains build synapses at a faster rate than adults. Nicotine negatively impacts how these synapses are produced.

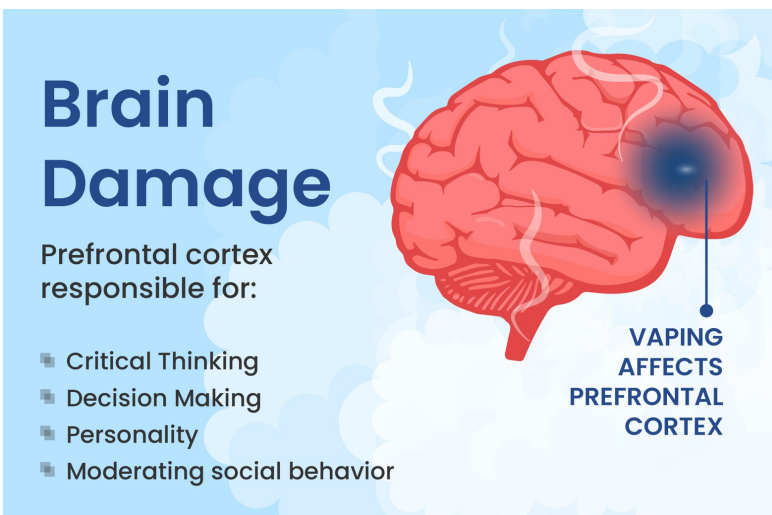


Image from www.iwcenters.com/vaping/

Can nicotine affect your overall health?

Nicotine is a dangerous and highly addictive chemical. It can cause an increase in blood pressure, heart rate, flow of blood to the heart, and a narrowing of the arteries.

Nicotine may also contribute to the hardening of the arterial walls, which in turn, may lead to a heart attack.

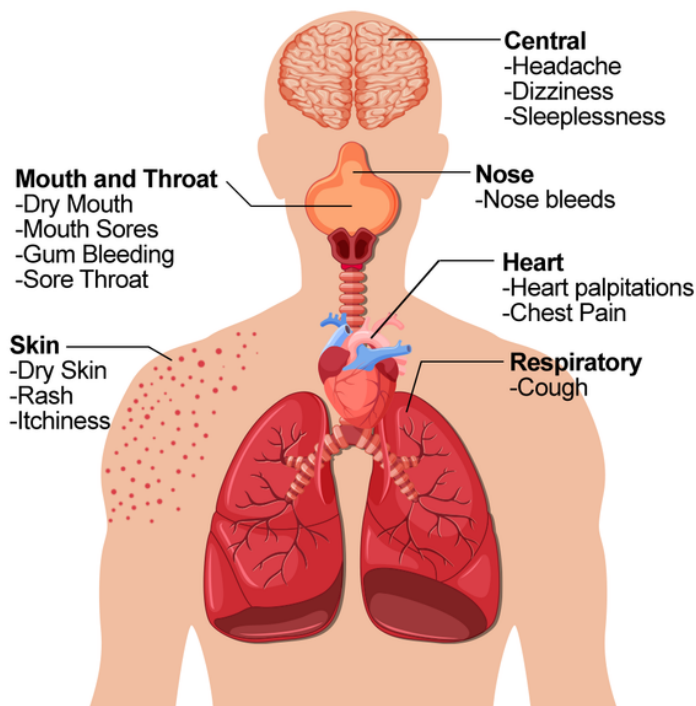


Image from www.heart.org

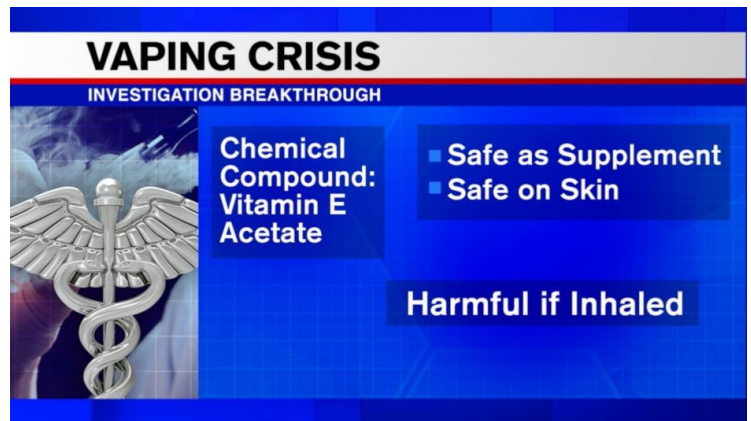


Image from www.abcnews.com

What is Vitamin E acetate?

Vitamin E is a vitamin found to be a healthy component in many foods, including vegetable oils, cereals, meat, fruits, and vegetables. It is also available as a dietary supplement and in many cosmetic products, like skin creams.

Vitamin E acetate is used as an **additive**, most notably in THC-containing e-cigarette or vaping products.

According to the [CDC](http://www.cdc.gov), when combined in this specific manner, Vitamin E acetate has been linked to **EVALI** (E-cigarette or Vaping product use-Associated Lung Injury). Symptoms include shortness of breath, coughing, chest pain, rapid heart rate, headache, dizziness, fever, chills, diarrhea, and vomiting. Patients may be hospitalized and put on ventilators to assist with breathing.

Vaping Resources

Aldersgate provides free, Montgomery County-funded programs to address teens' initial use and experimentation of alcohol, marijuana, and nicotine. Programs utilize Motivational Interviewing, Stages of Change, and Cognitive Behavioral Therapy, and focus on substance use education, healthy coping skills, and problem-solving. For information, contact **Aldersgate** at 215-657-4545.

<https://truthinitiative.org/>

<https://www.montcopa.org/3271/Youth-Vaping-Prevention-Resources>

<https://www.lung.org/quit-smoking/helping-teens-quit/talk-about-vaping/vaping-facts>

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html