

VAPING

Vaping is the act of inhaling and exhaling the aerosol, often referred to as vapor, which is produced by an e-cigarette or similar device. It is not the same as smoking a cigarette. A growing body of evidence indicates that vaping products may be dangerous. Despite early optimism when these products first came on the market in the late 2000's, health advocates now recommend caution in using them in light of growing evidence suggesting that their risks, especially to young people, outweigh their benefits.

HOW IT WORKS:



MOST E-CIGARETTES CONSIST OF FOUR DIFFERENT COMPONENTS, INCLUDING:

- 1) cartridge or reservoir, which holds a liquid solution (e-liquid or e-juice or other substance) containing varying amounts of nicotine, flavorings, and other chemicals.
- 2) heating element (atomizer).
- 3) power source (usually a battery).
- 4) mouthpiece that the person uses to inhale.

Drug use problems can be complex and often vary from person to person. It is important to note that the information provided is to be used as a guide only and may not be suitable for your own situation.



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POPULARITY:

One-in-seven adults in the U.S. have tried e-cigarettes, or vapes, according to new research published in the Journal of The American Medical Association. The study also showed a slight decline in continued use. Most vaping products contain nicotine, with one JUUL pod containing the equivalent of one pack of cigarettes. Other pods can be as high as three packs of cigarettes. Nicotine is known to cause problems with youth development.

KNOWN HARMFUL CHEMICALS:

Propylene Gel, Glycerin, Flavorings (many), **NNN, NNK, NAB, NAT, Ethylbenzene, Benzene, Xylene, Toulene, Actealdehde, Formaldehyde, Napthalene, Styrene, Benzo(b)flupranthene, Chlorobenzene, Crotonaldehde, Propionaldehde, Benzaldehyde, Vaeric Acid, Hexanal, Flourine, Anthracene, Pyrene, Acenapthene, Fluoranthene, Benzo(a)anthracene, Chrysene, Retene, Benzo(a)pyrene, Ideno (1,2,3 -cd)pyrene, Benzo(ghi)perylene, Acetone, Acrolein, Silver, Nickel, Tin, Sodium, Stronium, Barium, Aluminin, Chromium, Boron, Copper, Selenium, Nitrosamines, Polycyclic aromatic hydrocarbons, Nicotine, Arsenic, Cadmium, Silicon, Lithium, Lead, Magnesium, Manganese, Potassium, Titanium, Zinc, Zirconium, Calcium, Iron, Sulfur, Vanadium, Cobalt, Rubidium.**

(Compounds in **RED** are from the FDA 2012 Harmful and Potentially Harmful Substances Established List).

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Sources:

<https://www.wbur.org/hereandnow/2018/05/16/vaping-e-cigarettes-use-teens>
<https://jamanetwork.com/journals/jama/article-abstract/2681181?redirect=true>
<https://www.drugabuse.gov/publications/drugfacts/electronic-cigarettes-e-cigarettes>

