



Vaping has reached epidemic proportions according to the Surgeon General.

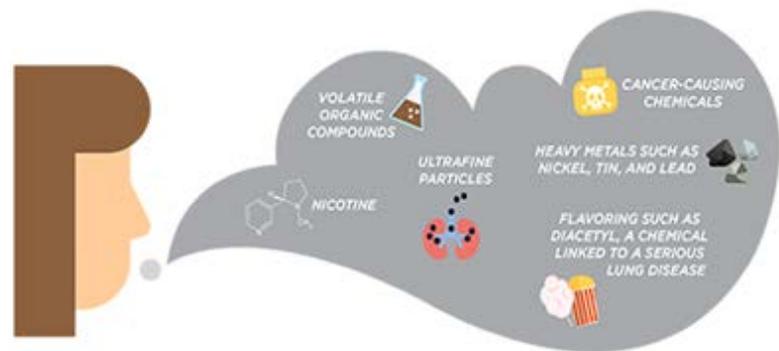
Teens use rates have skyrocketed in the past year. Thousands of people have developed severe lung infections that have warranted hospitalizations and tragically, even deaths have occurred. As parents what can we do to start having conversations with our children?



What is vaping?

According to Partnership for Drug Free Kids: Electronic cigarettes and vaporizers are battery-operated devices that people use to inhale an aerosol, which typically contains nicotine (though not always) along with flavorings and other chemicals or may contain hash oil or other THC-rich extracts (THC is found in marijuana products). Vaping has become a popular way for people using traditional cigarettes to quit smoking. Vaping products do not have the tar in them that traditional cigarettes do and up until this past year have been suggested to be a safer alternative to smoking traditional cigarettes, a claim the FDA will no longer allow manufacturers of vape products to make. The aerosol in e-cigarettes still contain chemicals that were not meant for the lungs. Many of these products have very high levels of nicotine. A Juul pod for example has 200 hits, which is equivalent to at least a pack of cigarettes. With a traditional cigarette, you do not get all of the nicotine because it burns. With a vaping device, there is none wasted and you get all of the nicotine in the product.

What is in e-cigarette aerosol?



How will I know what vaping products look like?

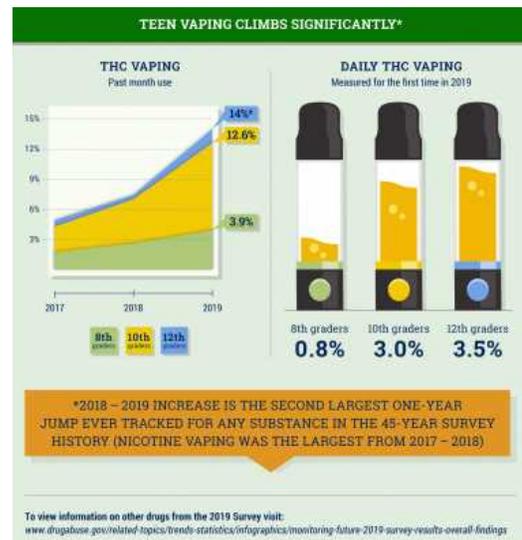
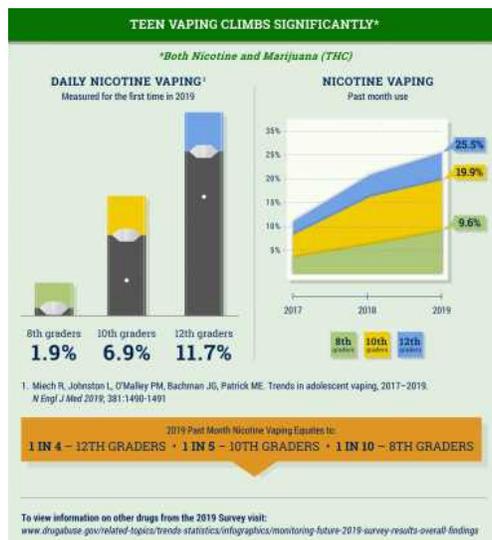
EVOLUTION OF VAPING DEVICES



The Juul is probably the most recognizable vaping product. In addition, there are vaping products that look more like a traditional cigarette, and some that look like pens and other office or school supplies. New vaping products are being designed to mask that they are vaping products. Strings in hoodies and pens that write are just a few ways teens are hiding their products from adults in their lives.

What substances are typically vaped by teens and how often are they vaping?

There are three main kinds of products being vaped. Aerosol with non-nicotine flavorings, flavorings with nicotine, and marijuana. Here are statistics on teen vaping of nicotine & marijuana from the 2019, Monitoring the Future, national survey.



What do we know about the effects vaping has on the body?



It will take about 50 years to be able to study the long-term effects of vaping, but there are some things we do know now. There are no healthy reasons to begin vaping. The FDA no longer allows companies to say vaping is safer than smoking traditional cigarettes. Over the past few months, there has been an outbreak of severe lung disease and in some cases even death. While healthcare professionals are continuing to study this, they do know that vaping THC (the psychoactive ingredient in marijuana) was involved in many of the cases. Also, nicotine is highly addictive on the teen brain. Nicotine can impact attention, learning and memory on the developing brain. According to the National Institute of Health, 30% of teens that have been vaping for more than six months are more likely to turn to smoking traditional cigarettes.

What are some ways to talk to your child about vaping?

Arm yourself with facts-While it will take decades to truly understand the long-term effects vaping with have on the brain and body, but we do know there are chemicals in all vaping products and there is no healthy reason to start vaping.

Be approachable and initiate conversations on topic-Teens often become defensive when they think a lecture is coming. Talking while in the car and using real life situations are some ways to bring up the subject. Talking about it once is not enough.

Use news as a way to start conversations-With so many cases of chronic lung disease and even death happening from vaping, you will find news reports daily with new information

Ask them what they know-With social media and the Internet at their fingertips, chances are they may be seeing references to vaping more than you think, and often these vehicles glamourize vaping. In addition, the number of middle and high school students vaping has increased significantly. Chances are they have seen people they know vaping.

Set an example by being tobacco free-It may not always seem like it, but you are the biggest influencer in your child's life.

