

## The Facts about Vaping

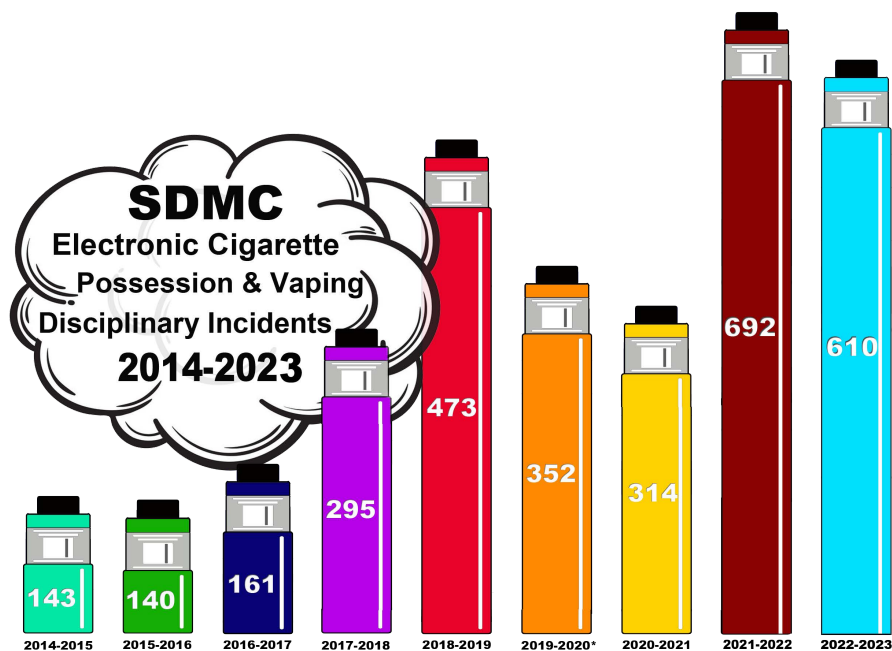
### Vaping-What is it?

E-cigarettes were introduced to the mass market in 2007. Instead of smoke they produce an aerosol that looks like water vapor. That vapor can be delivered via any number of vaping devices (including e-cigarettes, vape pens, and what are called pod delivery systems, most commonly referred to as Juuls, and advanced personal vaporizers which are also referred to as 'MODS'). The e-cig looks like a standard cigarette, the vape pen looks like a large pen, and the Juul like a thumb drive. All vaping delivery systems have the following in common: a mouthpiece, a battery, a cartridge that holds the e-juice or e-liquid, and a heating component. The basics of the mechanism are that a heating element powered by the battery heats up the heating component which then turns the e-juice into an aerosol, which is inhaled into the lungs and then exhaled. The e-juice and resulting aerosol contain nicotine (extracted from tobacco or other plants), flavorings and other chemicals that you inhale. Regular tobacco cigarettes contain 7,000 chemicals, many of which are toxic. While we don't know exactly what chemicals are in e-cigarettes, there's almost no doubt that they expose you to fewer toxic chemicals than traditional cigarettes. According to the National Center on Addiction and Substance Abuse (NCASA) 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."



### A New Generation Is Getting Hooked on Nicotine

Teens seem to have gotten the message that smoking real cigarettes is a bad idea but many are under the misunderstanding that vaping is a safe alternative. According to the CDC and local data, vaping is exploding amongst our teen population. High school students are doing it and increasingly, middle schoolers and even elementary students are as well.



There are several reasons e-cigarettes may be particularly enticing to young people. First, many teens believe that vaping is less harmful than smoking. Second, e-cigarettes have a lower per-use cost than traditional cigarettes. Finally, vape cartridges are often formulated with flavorings such as apple pie and watermelon that appeal to younger users.

### What is Inhaled?

The e-liquid in vaporizer products usually contains a propylene glycol or vegetable glycerin-based liquid with nicotine, flavoring and other chemicals and metals...the e-juice can contain varying amounts of nicotine. Some people use these devices to vape THC, the chemical responsible for most of marijuana mind-altering effects..."

E-cigs can be used to vaporize other harmful and addictive substances as well. There are thousands of flavors of e-liquids.

### Vaping Is Still Bad for Your Health.

Even if you are trying to quit the deadly habit of smoking traditional cigarettes, do not be fooled into thinking vaping is harmless. Nicotine is the primary agent in both regular cigarettes and e-cigarettes, and it is highly addictive. It causes you to crave a smoke and suffer withdrawal symptoms if you ignore the craving. Nicotine is also a toxic substance. It raises your blood pressure and spikes your adrenaline, which increases your heart rate and the likelihood of having a [heart attack](#).

Is vaping bad for you? There are many unknowns about vaping, including what chemicals make up the vapor and how they affect physical health over the long term. "People need to understand that e-cigarettes are potentially dangerous to your health," says Blaha. "You're exposing yourself to all kinds of chemicals that we don't yet understand and that are probably not safe." – *Johns Hopkins Medicine* - 2019

Getting caught vaping at school [https://www.youtube.com/watch?v=2eWs\\_Op\\_Avk](https://www.youtube.com/watch?v=2eWs_Op_Avk)