

## Teens and Vaping: What You Need to Know

E-cigarettes are referred to as e-cigs, vapes, e-hookahs, pens and juuling. They can look like a regular cigarette or a USB flash drive, pen and other everyday items.

Although e-cigarettes have been around for more than a decade, vaping has significantly increased amongst teens. In fact, the number of middle school and high school students using e-cigarettes has increased from 2.1 million in 2017 to 3.6 million in 2018. The number of teens vaping in 2011 to 2015 grew 900 percent with the Surgeon General Jerome Adams calling vaping an epidemic in the youth.

### Why are teens so attracted to vaping?

- E-cigarettes can be purchased by teens under 18 years of age with online vendors; making them more accessible than traditional cigarettes.
- The myth that vaping is safer than traditional cigarettes.
- Vaping products include teen-friendly candy-like flavors.
- Teens may expect positive things from smoking, such as coping with stress better or losing weight.
- Researchers discovered that one of the makers of vaping products handed out free e-cigarettes to youth influencers at sampling parties and movie or music events during its 2015 product launch. The company actually followed up with aggressive advertising featuring 20 something models to appeal to younger customers.



### Dangers of Vaping

- Death from a mysterious lung illness linked to e-cigarettes has risen to 25 across 21 U.S. states.
- The CDC (Centers for Disease Control and Prevention) has listed 1,080 confirmed and probable cases of the mysterious lung illness as of October 1, 2019.
- People younger than 25 years old have a greater risk of brain damage from vaping. E-cigarettes contain nicotine that can harm the parts of the brain that controls attention, learning and impulse control. Additionally, brain synapses that are built between brain cells when a new memory or skill is learned are changed by nicotine.
- E-cigarette vapor is known to contain VOC (volatile organic compounds) that can cause liver, kidney and nervous system damage; heavy metals like nickel, tin and lead; and flavoring such as diacetyl—a chemical linked to popcorn lung disease.
- Defective e-cigarette batteries have caused fires and explosions, with a few resulting in permanent injury.

- Harvard researchers found diacetyl in 4 out of 5 vaping liquid tested. Diacetyl is known to cause a serious and irreversible lung disease called popcorn lung. Popcorn lung is the scarring of the tiny air sacs in the lungs causing them to thicken and narrow airways. Symptoms of popcorn lung include wheezing, coughing and difficulty breathing.

### Signs That Your Teen May Be Vaping

It can be difficult to determine if a teen is vaping because the vapor dissipates quickly and leaves no residue. Some signs that a teen may be vaping include:

- Increased thirst. Vaping is hydroscopic, meaning that it removes hydration from the skin of the mouth and throat. As a result, the body craves liquids to combat dehydration. If your teen heavily increases their liquid consumption, they may be vaping.
- Desire for flavor. If your teen is using more salt or enjoying especially spicy foods, they may be vaping. With routine vaping, foods can become less flavorful.
- Nosebleeds. Just like vaping dries the mouth, it can dry the skin of the nose as well. When the nose gets dry, it can bleed.
- Cutting back on caffeine. Vaping plus caffeine can cause anxiety and severe mood swings. Teens that are vaping may cut back on their caffeine to avoid these side effects.
- Finding unfamiliar USB drives and battery chargers. E-cigarettes have parts and cartridges that need to be exchanged and replaced. These parts can be wires, small container "pods" that contain e-juice and cotton balls. If your teen is carrying an unfamiliar tech looking device or it appears in their trash bin, they may be vaping.

<https://www.consumernotice.org/products/e-cigarettes/students-and-vaping/>

<https://health.usnews.com/wellness/for-parents/articles/2018-07-27/how-to-tell-if-your-kid-is-vaping>

<https://images.search.yahoo.com>

