E-Cigarette, Vaping, Juuling Epidemic CRISIS- A Growing Concern

WHAT ARE E-CIGARETTES/JUUL? INFORMATION FOR PARENTS

Below is a public health alert from the Wisconsin Department of Health Services involving e-cigarettes. "This health advisory is issued by the State Health Officer to inform the public about the alarming statistics on current e-cigarette use among youth in Wisconsin. In Wisconsin, current e-cigarette use among Wisconsin high school students increased 154% between 2014 and 2018. In 2014, just under 8% of Wisconsin high school students were using e-cigarettes. In 2018, that number has skyrocketed to 20% (or one out of every five students[ii]).

As Surgeon General Jerome Adams recently described in his Advisory Report, nicotine exposure during adolescence can harm the developing brain, which continues to develop until around age 25 and can impact learning, memory, and attention.

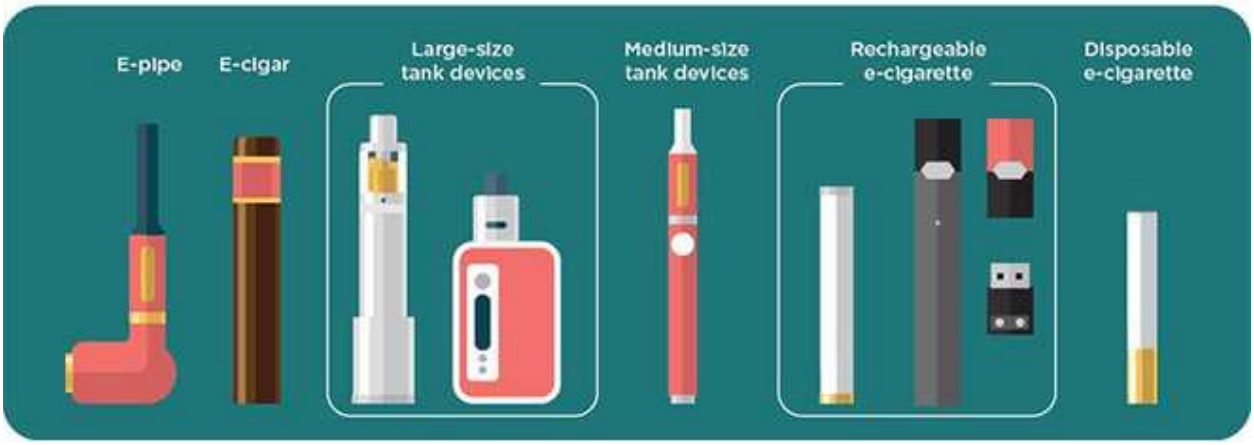
The e-cigarette aerosol that users inhale and exhale can expose both the user and those around the user to other harmful substances, including heavy metals, volatile organic compounds, and ultrafine particles that can be inhaled deep into the lungs.[i]

E-cigarettes now take many forms. Some e-cigarettes resemble flash drives, while others are about the size of a credit card. E-juice bottles resemble eyedroppers and vape pens come in a variety of colors and resemble pens or lip-gloss. E-cigarettes can also be used to deliver other drugs, like marijuana. In 2016, a third of U.S. middle and high school students who had ever used e-cigarettes reported using them for marijuana.

JUUL, a flash drive look-a-like tobacco product popular with teens, comes in kid-friendly flavors like Mango, Fruit, Crème, and Mint. There are also over 15,500 unique e-cigarette flavors available online. In Wisconsin, 89% of high school students say they would not try tobacco products that were not flavored. Even more concerning, the chemicals used to make certain flavors—diacetyl and 2,3-pentanedione—have been shown to cause irreparable lung disease" such as popcorn lung which has no cure.

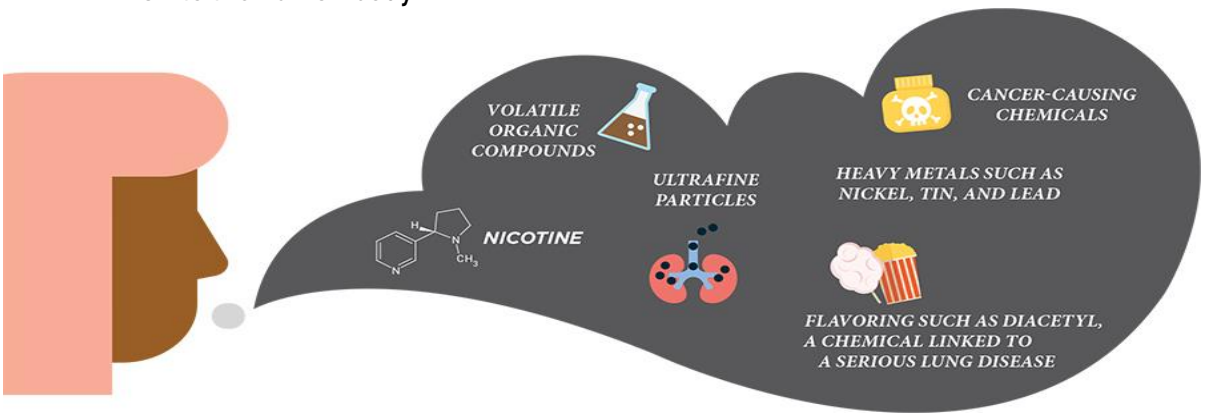
For more information or access to the above article, please go to Wisconsin Department of Health Services or https://www.dhs.wisconsin.gov/tobacco/advisory.htm

THE MANY LOOKS OF VAPES



Facts and Misconceptions about Vaping

- E-cigarettes are not proven to be a safer alternative to cigarettes
- Most e-cigarettes contains some NICOTINE- something many youth do not realize.
- Even e-cigarettes labeled "nicotine free" can contain nicotine. This is because there are no rules (or FDA oversight in the manufacturing of these products) on how the "e-juice" are. The contents can vary widely and do not always match the ingredients or amount listed on labels.
- One JUUL pod claims to have roughly as much nicotine as an ENTIRE pack of cigarettes. Since nicotine is HIGHLY ADDICTIVE and JUUL pods contain highly concentrated levels of nicotine, it can have lasting effects on adolescent brain development, which continues until about age 25. These lasting effects can include permanently lowering impulse control and damaging parts of the brain that control attention, learning, and memory.
- The aerosol cloud produced by e-cigarettes contains many of the same chemicals and health risks as traditional cigarette smoke.
- The aerosol cloud produced is NOT just water vapor and it is NOT harmless. It is often a mixture of HARMFUL CHEMICALS like nicotine; formaldehyde, which is PROVEN to cause cancer; and acrolein, which is used as a weed killer and can cause IRREVERSIBLE lung damage. It also contains flavorings such as diacetyl, another chemical linked to serious lung disease called popcorn lung that <u>does NOT have a CURE</u>! Other chemicals like volatile organic compounds such as benzene, is found in car exhaust; and heavy metals, such as nickel, tin and lead. ALL these CHEMICALS are HARMFUL to the human body!



- No e-cigarette has been found safe or effective by FDA in helping smokers quit. In fact, research suggest that youth are up to seven times more likely to use other forms of tobacco if they use e-cigarettes like JUUL. Remember there is nicotine in both traditional cigarettes and e-cigarettes, and <u>both highly addictive</u>.
- These products are designed to appeal to teens (taste good) and go undetected by adults so the e-cigarette industry can get you addicted and continue to make millions of dollars on a product that only harms you!
- If already addicted- check out the information below to QUIT!

- ✓ American Lung Association: www.Lung.org/stop-smoking or call 1-800-LUNGUSA (1-800-586-4872)
- ✓ CDC: www.cdc.gov/tobacco/quit_smoking or call 1800-QUIT- NOW (1800-784-8669)
- ✓ Smokefree.gov

How to Start a Conversation with your Child about Vaping and the Dangers

BEFORE THE TALK: Know the facts

- Get credible information about e-cigarettes
- Be patient and ready to listen.
- Avoid criticism and encourage open dialogue.
- Remember, your goal is to have a conversation, not to deliver a lecture.
- It is OK for your conversation to take place over time, in bits and pieces. Set a positive example by being tobacco-free.
- If you use tobacco, it is never too late to quit.

START THE CONVERSATION

Find the right moment

• A more natural discussion will increase the likelihood that your teen will listen. Rather than saying, "we need to talk," you might ask your teen what he or she thinks about a situation you witness together, such as: seeing someone use an e-cigarette in person or in a video, or passing an e-cigarette shop when you are walking or driving, or seeing an e-cigarette advertisement in a store or magazine or on the internet.

Ask for support

• Not sure where to begin? Ask your health care provider to talk to your teen about the risks of e-cigarettes.
• You might also suggest that your teen talk with other trusted adults, such as relatives, teachers, faith leaders, coaches, nurses, or counselors whom you know are aware of the risks of e-cigarettes.
• These supportive adults can help reinforce your message as a parent.

ANSWER THEIR QUESTIONS. Here are some questions and comments you might get from your teen about e-cigarettes and some ideas about how you can answer them:

- Why don't you want me to use e-cigarettes?
  - • Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
  - • Right now, your brain is still developing, which means you are more vulnerable to addiction. Many e-cigarettes contain nicotine, and using nicotine can change your brain to make you crave more nicotine. It can also affect your memory and concentration. I don't want that for you!
  - • E-cigarettes contain chemicals that are harmful. When people use e-cigarettes, they breathe in tiny particles that can harm their lungs.
  - • The cloud that people exhale from e-cigarettes can expose you to chemicals that are not safe to breathe.
- What's the big deal about nicotine?
  - • Your brain is still developing until about age 25. The Surgeon General reported that nicotine is addictive and can harm your brain development.
  - • Using nicotine at your age may make it harder for you to concentrate, learn, or control your impulses.
  - • Nicotine can even train your brain to be more easily addicted to other drugs
  - • I don't say this to scare you, but I want you to have the facts because nothing is more important to me than your health and safety.

- Aren't e-cigarettes safer than conventional cigarettes?
    - Because your brain is still developing, scientific studies show that it isn't safe for you to use any tobacco product that contains nicotine, including e-cigarettes.
    - Whether you get nicotine from an e-cigarette or a cigarette, it's still risky.
    - Some e-cigarette batteries have even exploded and hurt people.
- I thought e-cigarettes didn't have nicotine – just water and flavoring?
    - I used to think that too. But many e-cigarettes have nicotine. There are also other chemicals in them that can be harmful.
    - Let's look at creditable websites for more information on e-cigarettes (resources are linked below) together so you can see for yourself.
- I (or my friends) have tried e-cigarettes and it was no big deal.
    - I appreciate your honesty. In the future, I hope you (or your friends) will stay away from e-cigarettes and other tobacco products, including cigarettes. Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
    - Next time we go to the doctor, let's ask about the risks of nicotine, e-cigarettes, and other tobacco products.
- You used tobacco, so why shouldn't I?
    - If I could live my life over again, I never would have started smoking. I learned that people who smoke cigarettes are much more likely to develop, and die from, certain diseases than people who do not smoke. This was really scary, so I quit smoking.
    - Quitting was really hard, and I don't want you to go through that. The best thing is to not start at all.

For more information about vaping, how to start a conversation with your child or for access to the above information, click on the link: https://e-cigarettes.surgeongeneral.gov/

Other great resources to educate yourself regarding vaping:

https://www.dhs.wisconsin.gov/tobaccoischanging/index.htm

https://childmind.org/article/teen-vaping-what-you-need-to-know/

https://www.nbcnews.com/health/health-news/vaping-sent-teenager-rehab-his-parents-blame-juul-s-heavy-n956356