

Vaping

What it is and how it affects your health

Vaping is when someone uses an electronic device to breath in things called e-juice or e-liquid. The juice or liquid is turned into a vapor aerosol product that looks like smoke or fog.

Vaping Devices

Vaping devices, also called vapes or e-cigarettes, look like cigarettes, pens, thumb drives, and other objects. The device heats the e-liquid that you breath in. They were first created to deliver nicotine instead of smoking cigarettes. Vaping has very high levels of unsafe materials:

- 1 JUUL pod or e-juice cartridge = amount of nicotine in 20 cigarettes.
- Heating e-juice gives off things like chemicals found in antifreeze, car exhaust, heavy metals and carcinogens that cause cancer. Different flavors have different amounts of toxic material.

Vaping devices can be changed to vape marijuana or alcohol. It is hard to know how much marijuana or alcohol you get. This can be very dangerous.

- Vaping alcohol can be the same as 10 shots of alcohol in just a few seconds. This can cause alcohol toxicity and even death.
- Vaporized marijuana can have THC (the active ingredient in Marijuana) levels as high as 90%. A rolled joint (marijuana cigarette) contains 10-20%.



Health Risks

Nicotine is very addictive and is found in vaping devices and other tobacco products. It hurts brain development and can cause many other health issues. Other chemicals in vapes can increase the chance of long-term health problems, like:

- Your body can't fight off a sickness as well (your immune system is weak)
- Lung problems (like shortness of breath)
- Serious and deadly lung illness (like cancer)
- Overdose and poisoning from unknown levels in the device or swallowing e-juice
- Damage to gums and mouth
- Addiction to nicotine and other substances
- High blood pressure and a greater risk for a stroke
- Irregular heart rate (chest fluttering or racing heart)
- Headaches and dizziness
- Memory loss
- Slow reaction time

Vaping devices with defective batteries have been known to cause fires and explosions. This can cause severe burns or other severe injuries.



Myths vs. Facts

Vaping Tobacco

Myth: It is harmless water vapor.

- **Fact:** E-cigarettes make a harmful secondhand vapor aerosol. This aerosol has cancer causing chemicals, heavy metals, nicotine, combustible compounds, and more.

Myth: E-cigarettes are a safe way to quit traditional cigarettes.

- **Fact:** E-cigarettes are not safe and there is no proof they will help you quit smoking.

Myth: Vaping spares the people around me from the dangers of secondhand smoke.

- **Fact:** The potentially harmful materials of e-cigarette emissions may also affect people who breathe in a user's exhaled vapor.

Vaping Alcohol

Myth: Vaping alcohol instead of drinking will help me pass a breathalyzer test.

- **Fact:** Breathalyzer tests reflect blood alcohol levels. Vaping raises blood alcohol levels faster than normal drinking.

Myth: Vaping alcohol has less calories than drinking alcohol so it will help me lose weight.

- **Fact:** Vaping alcohol has the same calories as drinking alcohol.

Vaping Marijuana

Myth: Vaping marijuana is safer for my lungs than smoking tobacco products.

- **Fact:** Marijuana causes the same sort of long-term lung damage that tobacco products do.

Laws and School Rules

- The FDA (Food and Drug Administration) does not control the amount of nicotine or chemicals in e-juice. You have no way of knowing what is in them, and how much.
- It is against the law for anyone under the age of 21 to have, own, or sell vaping products.
- High schools are tobacco free, and that also means no vaping.
- Talk to your coach about specific team rules on using vaping devices.

Resources

Talk to your team doctor, pediatrician, athletic trainer, or school nurse if you have any questions or concerns. For more information on vaping and how to quit:

- Henry Ford TTS (Tobacco Treatment Service)
 - Telephone program (ages 18 and up): confidential help and support from a tobacco treatment coach to help you create a plan to quit, no matter what kind of tobacco or nicotine you use.
 - TTS for teens (ages 14-17): confidential way for young people who use tobacco or vape to talk with a tobacco treatment coach about what programs and tools might work best.
 - Call (888) 427-7587 or email TobaccoFree@hfhs.org to get started.
- Truth Initiative
 - Committed to making tobacco use a thing of the past with resources on prevention, treatment, community engagement and more. Visit <https://truthinitiative.org/>

