

# Information for Parents on E-Cigarettes

## What are E-Cigarettes?

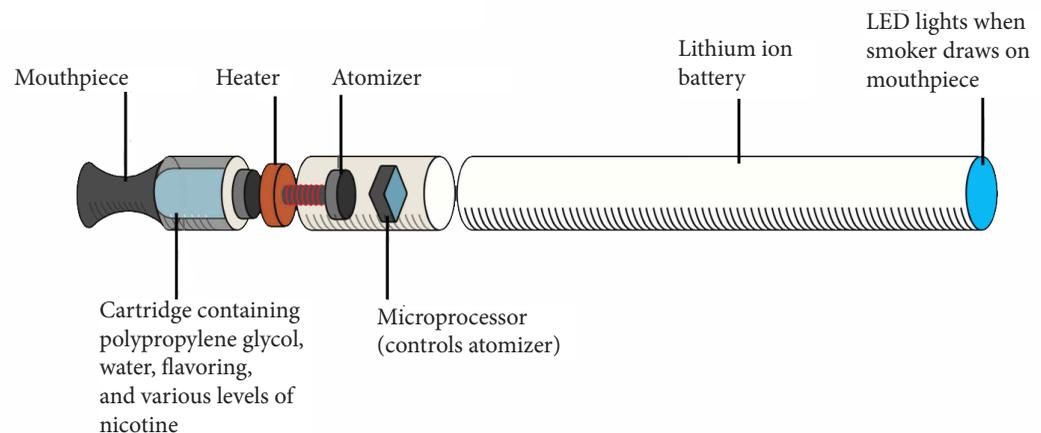
- E-cigarettes are electronic devices that **heat** a liquid and produce an aerosol, or mix of small particles in the air
- E-cigarettes come in many **shapes** and **sizes**. Most have a battery, a heating element, and place to hold a liquid
- Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like **USB flash drives**, **pens** and other everyday items. Larger devices such as tank systems, or “mods,” do not look like other tobacco products.
- E-cigarettes are known by many different names such as e-cigs, e-hookahs, mods, **vapes**, vape pens, tanks, or ENDS
- Using an e-cigarette can be called “**vaping**” or “**JUULing**”

## How Do E-cigarettes Work?

- E-cigarettes produce an aerosol by heating a liquid called **e-juice**, e-liquid, **vape-juice** or vape-liquid
- The liquid often contains **nicotine** and **flavorings**
- Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air
- E-cigarette devices can be used to deliver marijuana and other drugs

1. User inhales from the mouthpiece, turning on the device and activating the LED light.

2. Battery sends charge to the atomizer and heater, which vaporize liquid from replaceable cartridge, producing flavored, nicotine-containing vapor, which is consumed and exhaled by the user.



### E-Juice Flavors:

- Propylene Glycol
- Glycerin
- Nicotine
- Flavorings



### Pods:

- Propylene Glycol
- Glycerin
- Nicotine Sales
- Benzoic Acid
- Flavorings



### Vaping Devices:



## What We Know: Health Effects/Risks of E-Cigarettes

- E-Cigarette **aerosol** is not a harmless water vapor, a chemical residue is left behind on the lungs
- E-juice can contain **aldehyde's**, traces of metal, and other **toxins**
- Most e-cigarettes contain **nicotine**, which is highly addictive and can **harm brain development** which continues until about **age 25**.
- Nicotine affects the **cardiovascular** system
- Ear, eye and throat irritation is common
- **Oral health** - dry mouth, cavities, gum disease are caused by the chemicals left behind in the mouth
- Unintended injuries from defective batteries cause **fires** and **explosions**
- We do not know the long term health effects
- The number of deaths and illnesses due to E-Cigarette use is on the rise and these are not safe products to use.

## What You Should Look For:



## Intervention Program:

As a result of the vaping epidemic among teens, the WNY Anti-Vaping Coalition and Kids Escaping Drugs have developed an intervention program to address this health crisis. Referrals to the program can be made by schools when they identify a student who is vaping, or by parents/guardians who are concerned for their child.

### What to Expect:

A 40-60 minute, group classroom style presentation for middle and high school students and their parent/guardian(s). The program will educate participants about the potential dangers and consequences of teenage vaping. Parent/guardian attendance is required.

Topics covered include:

- Impact of cigarette smoking on previous generations
- Similarities between cigarette smoking and vaping
- Intentional marketing of e-cigarette and vaping products to teens and young adults, including merchandising
- Health and safety concerns of vaping and vape products
- Impact of nicotine, e-cigarette use and vaping on the undeveloped, adolescent brain
- Self-care and best practice strategies to help youth who are vaping

Interested in learning more? Call 827-9462 to attend a  
WNY Anti-Vaping Intervention Program