What Exactly is Being Inhaled?

- Several known human carcinogens are in electronic cigarette liquids/vapors such as: Acetaldehyde, formaldehyde, nitrosonornicotine, nitrosamine

- Metals have also been found in electronic cigarette/vapors such as: tin, silver, iron, nickel, aluminum and silicate

- Nicotine concentrations have been found to be substantially higher than traditional tobacco products comparatively: 5% is often the standard of nicotine by weight in electronic cigarettes, which is equivalent to 20 traditional combustible cigarettes

References


The Hidden Dangers of Electronic Cigarettes

Madison Daghiita & Andrea Jones
How Effective are Electronic Cigarettes in Smoking Cessation?

- Electronic cigarettes actually DECREASE the likelihood of tobacco cessation for nicotine users
- 75% of individuals utilizing electronic cigarettes are using them while still continuing tradition tobacco habits
- Electronic cigarette use increases the likelihood for relapse and/or the starting of traditional tobacco products
- Adolescents and youths who begin vaping at a young age have a significantly increased likelihood of using traditional tobacco products

What are the Oral and Systemic Effects?

- Neurodegenerative diseases such as Alzheimer’s, dementia and multiple sclerosis
- Reduces cell oxygen uptake
- Cardiovascular disease
- Depression
- Chronic inflammation throughout the body including the oral cavity
- “Popcorn lung”
- Oral symptoms paralleling traditional tobacco use which exacerbated periodontal disease
- Post surgical necrosis of tissues

Effects of Vaping:

- Mouth and Throat:
  - Mouth Sores
  - Gum Bleeding
  - Sore Throat
- Skin:
  - Dry Skin
  - Rash
  - Itchiness
- Nose:
  - Nose bleeds
- Heart:
  - Heart palpitations
  - Chest Pain
- Respiratory:
  - Cough
- Central:
  - Headache
  - Dizziness
  - Sleeplessness

What is “Juuling”?

- “Juuling” is a term often used to describe the use of USB rechargeable devices that use prefilled cartridges
- This style of devices account for more than 70% of convenience store sales as of September 2018
- These USB style devices have gained popularity among middle and high schoolers for being easy to use and conceal
- The cartlidges come in many different flavors making them a gateway nicotine product to further tobacco use among teens and young adults