



FHC First
Healthcare

Electronic Cigarettes and Vaping

More and more young people are using e-cigarettes for vaping, usually used at parties and during the weekends with friends, to the point of being part of their daily routine. Most of our youth get involved in these practices because they don't know how dangerous they can be to their health.

E-cigarettes are battery-powered devices used to heat liquids and obtain a vapor that is inhaled. The nicotine in e-cigarettes is as addictive as traditional cigarettes. In addition to nicotine, e-cigarettes are used to vape cannabis and other substances that are harmful to health. The liquid used contains highly toxic ingredients including:

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Volatile organic compounds

Heavy metals, such as nickel, tin, lead, among others



Type of Use

Most electronic cigarettes consist of four elements:

- A cartridge or receptacle holding a liquid solution that can contain nicotine, cannabis, flavorings, and other chemicals
- A heating element (the vaporizer)
- A power source (usually a battery)
- A mouthpiece from which you inhale

When the liquid is sucked in through the mouthpiece, it passes through the heater, then the remaining vapor is inhaled (we call this vaping).

Some Vaporizer Styles

- E-cig
- Vaper
- Hookah
- Mods





Harmful Effects to Health

Brain

The nasal, oral, and respiratory mucous membranes absorb Nicotine rapidly reaching the brain in 7 seconds. As with other drugs like cocaine and heroin, nicotine increases the levels of dopamine (a chemical neurotransmitter in the brain), which affects the areas that control satisfaction and pleasure.

Lungs

Consuming e-cigarettes exposes the lungs to a variety of chemicals found in the liquids used by electronic cigarettes and other equally dangerous substances that are produced during the vaping process.



Cancer

Recent studies on electronic cigarettes have shown that the vapor contains substances that have a high probability of causing cancer and other harmful chemicals, as well as metal particles from the device itself.

Breathing problems

The Cig-a-likes (electronic cigarettes like the traditional ones) can also contain low levels of cadmium, a toxic metal that is also found in cigarette smoke and can cause respiratory problems and diseases.





Risks and Consequences of Use

Wanting to be the best,
healthiest version of yourself
is an important reason
to quit vaping!



Addictions

Exposure to nicotine during adolescence can cause addiction and damage to the brain that is still in development. In 2019, 58% of high school students reported using electronic cigarettes during the last month. Young people's brains create connections between neurons faster than adults. For this reason, it is considered that addictions can develop easier in adolescence.



Behavioral Changes

- Abrupt changes in mood and behavior
- Loss of interest in your hobbies, sports, and other favorite activities.
- Changes in sleep pattern
- Develops problems with performance and increased school absenteeism
- Changes in friendship relations
- Introversion
- Frequently lie or steal
- Don't want to eat or, on the contrary, the appetite increases more than normal



10 Steps to a Vaping-Free Life:

Quitting vaping can be easier when you
prepare in advance and have a plan.



- 1 Propose a date to stop.
- 2 Make a list of reasons why you want to quit smoking and place it where you see it often.
- 3 Live one day at a time.
- 4 Temptations and recurrences are part of the recovery process.
- 5 Develops strategies to manage thoughts about vaping or uncomfortable feelings.
- 6 Avoid places and situations where others are vaping.
- 7 You don't have to do it alone.
- 8 If you feel comfortable, tell your friends and family that you are stopping vaping and that you will need their support. (QuitSTART app, Smokefree TXT)
- 9 Talk to your physician or another healthcare professional about more strategies.
- 10 Imagine a vaping-free life.



Preventive Strategies for Parents

- Seek support if you need to.
- Be patient and willing to listen.
- Be a positive example by not consuming tobacco.
- Educate your family about vaping and its consequences.
- Be aware of the signs and risky behaviors.
- There are many online pages and resources that can help you.
- Discourage behaviors that encourage the use of substances harmful to your health.



Additional Resources

cdc.gov/tobacco/features

smokefree.gov

www.fhcsaludmental.com/adiccion-a-la-nicotina



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