



The Dangers of Vaping and E-Cigarettes

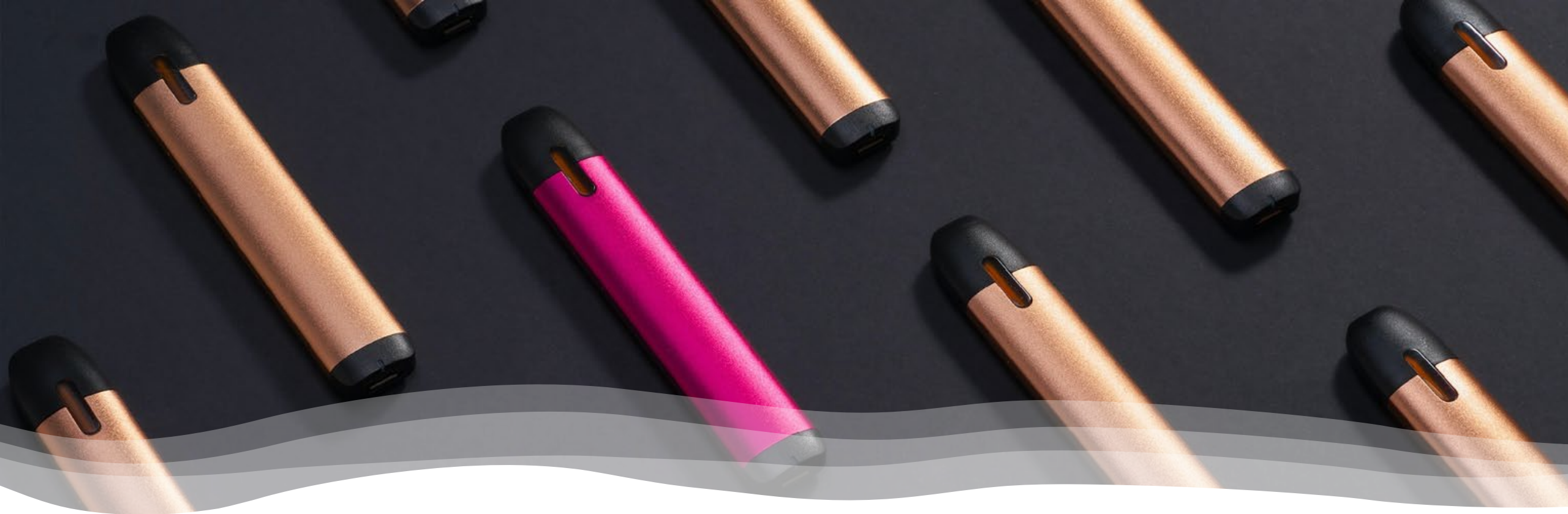
The Stand Project UA



What is The Stand Project?

- Mission Statement “An Upper Arlington community coalition committed to impacting youth substance misuse and standing by students and families in finding help.”
- Stand Student Group A group of Upper Arlington High School students committed to ending the drug and mental health crisis within our school system.
- Our Reach We want to educate our fellow students on the dangers of drugs while still keeping a fun and collaborative environment.





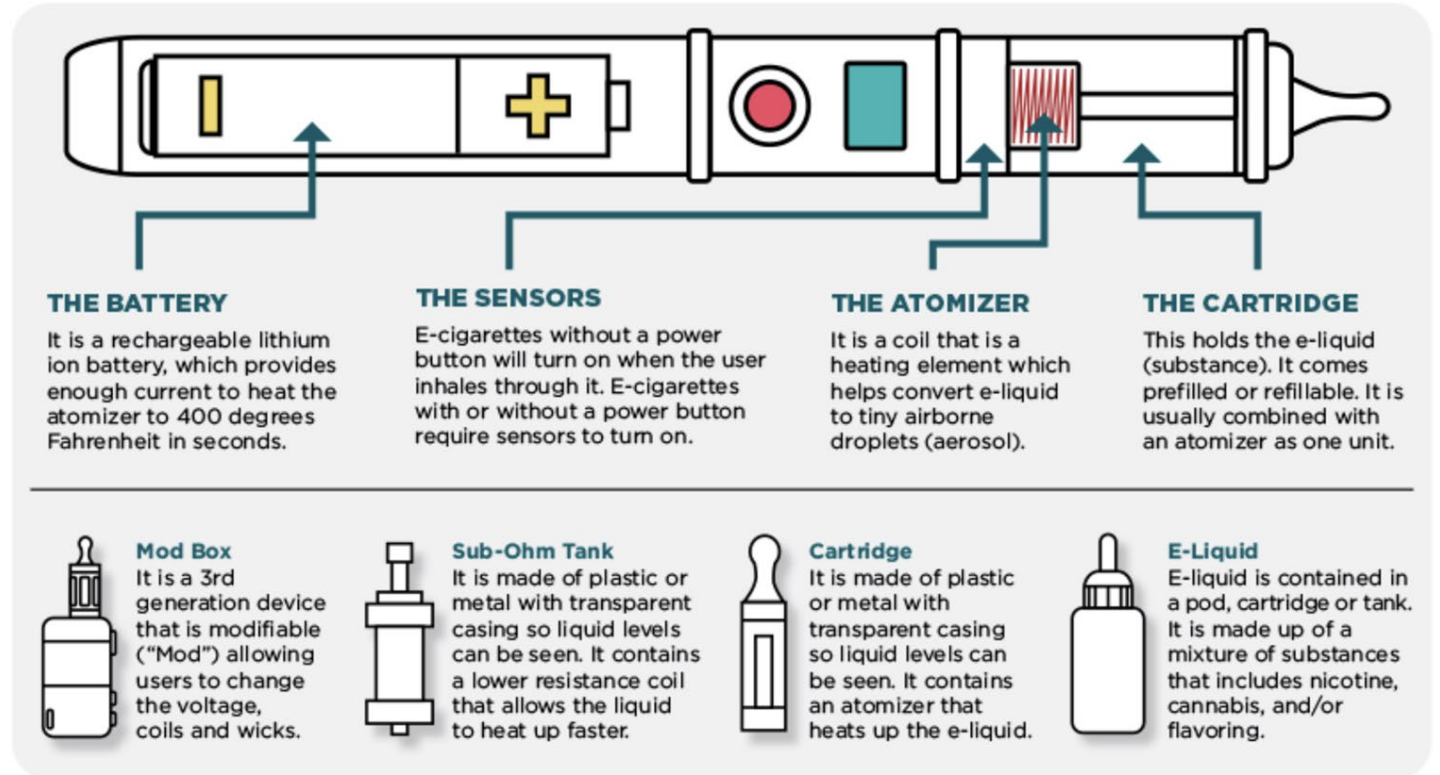
What is Vaping?

- “Vaping devices are battery-operated devices that people use to inhale an aerosol (smoke in this case), which typically contains nicotine, flavorings, and other chemicals. They can resemble traditional tobacco cigarettes, cigars, or pipes, or even everyday items like pens or USB memory sticks.” – CDC 2023
- Many think of vaping as a cigarette without the smell.

How Does Vaping Work?

•“Vaping works by heating liquid in a small device so you can breathe it into your lungs. The e-cigarette, vape pen or other vaping device heats the liquid in the device to create an aerosol. This isn’t water vapor. Mist from e-cigarettes contains particles of nicotine, flavoring and other substances suspended in air. You breathe these particles into your mouth from the mouthpiece, where they go down your throat and into your lungs.” – Cleveland Clinic

Anatomy of an E-Cigarette



What Are the Different Types of Vapes?

- “E-cigarette, or vaping, products can be used to deliver nicotine, cannabis (THC, CBD), flavorings, chemicals, and other substances. They are known by many different names and come in many shapes, sizes and device types. Devices may be referred to as E-cigs, Vapes, Vape pens, dab pens, and dab rigs, Tanks, Mods, Pod-Mods, Electronic nicotine delivery systems. Use of e-cigarette, or vaping, products is sometimes referred to as “vaping” or “juuling.” E-cigarette, or vaping, products used for dabbing are sometimes called “dab” pens.”- CDC 2023

E-Cigarette, or Vaping, Products





How Harmful is Vaping?

- “Long-term use of electronic cigarettes, or vaping products, can significantly impair the function of the body’s blood vessels, increasing the risk for cardiovascular disease.” – NIH
- “The ingredients in e-cigarette aerosol could be harmful to the lungs in the long-term” – CDC



What are YOU inhaling?

- “E-cigarette aerosol is NOT harmless “water vapor.” The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances, including:
 - Nicotine
 - Ultrafine particles that can be inhaled deep into the lungs
 - Flavorings such as diacetyl, a chemical linked to a serious lung disease
 - Volatile organic compounds
 - Cancer-causing chemicals
 - Heavy metals such as nickel, tin, and lead” – CDC



Vaping Effects Mental Health?

- When a person is dependent on nicotine and stops using it, their body and brain have to get used to not having nicotine. This can result in temporary symptoms of nicotine withdrawal.
- Nicotine withdraw symptoms include irritability, restlessness, feeling anxious or depressed, trouble sleeping, problems concentrating, and craving nicotine. People may keep using tobacco products to help relieve these symptoms.
- Youth may turn to vaping to try to deal with stress or anxiety, creating a cycle of nicotine dependence. But nicotine addiction can be a source of stress.
- Youth e-cigarette and cigarette use have been associated with mental health symptoms such as depression.





Vaping Makes You Broke?

- Use of electronic cigarettes costs the United States \$15 billion annually in health care expenditures— more than \$2,000 per person a year— according to a study by researchers at the UC San Francisco School of Nursing.
- Think about where that money could go... In one year you could buy two new iPhones with that amount.

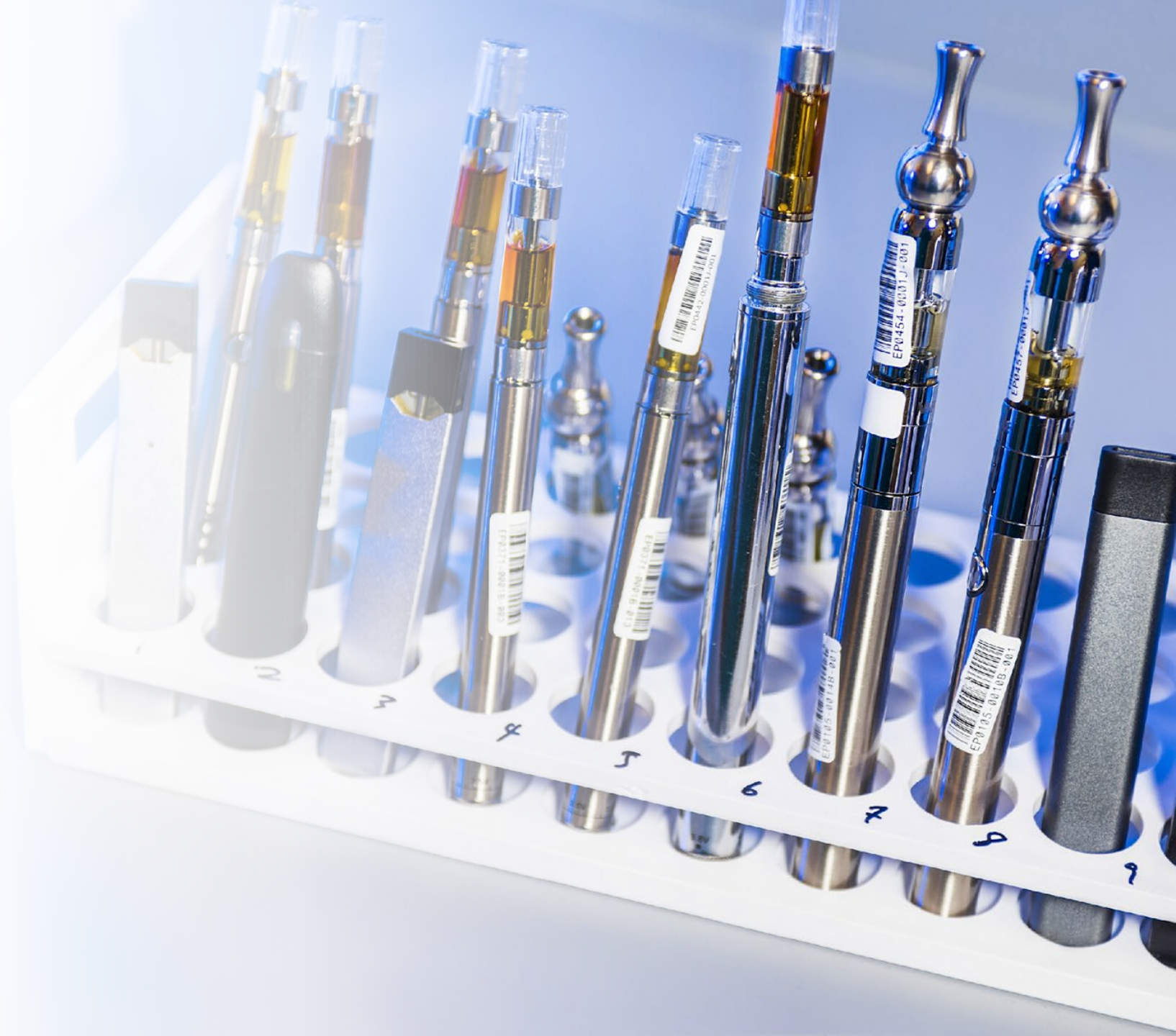
Black Market Vapes.

- Many Teens are now buying Vapes off the black market and dark web.
- The 2019 Vaping epidemic that seriously injured 250 people in less than a month was caused by oils and fats being put into vape cartridges.
- These cartridges were linked back to the black market, oils and fats are a cheap substitute in vapes, Oils create a gooey substance in the lung causing respiratory failure.



What are Carts/Marijuana Vapes?

- Just like nicotine vaping devices, marijuana vapes work by heating a liquid or oil that becomes a vapor the user inhales. Marijuana vaping devices often resemble vaping devices used for nicotine or other e-liquids.





What are the Dangers of Vaping Marijuana?

- “The use of high-potency concentrates, like those found in marijuana vape pens also correlates with a higher incidence of mental and physical health problems and may lead to a higher risk of developing acute adverse effects, such as paranoia, psychosis, and cannabis hyperemesis syndrome” –NIH 2023
- “A study from New Zealand conducted in part by researchers at Duke University showed that people who started smoking marijuana heavily in their teens and had an ongoing marijuana use disorder lost an average of 8 IQ points between ages 13 and 38. The lost mental abilities didn't fully return in those who quit marijuana as adults.” – CDC



Questions For Us?