

VAPING & E-CIGARETTES

E-cigarettes or vapes are battery-operated devices that produce vapor instead of smoke. Instead of being packed with tobacco, they have cartridges filled with a liquid that contains flavorings and nicotine.

Aggressive marketing and misinformation have resulted in a misinformed consumer base that is largely unaware of the health risks of vaping as a harmless alternative to smoking traditional cigarettes.

Health Risks

Vaping is unhealthy and dangerous. Since e-cigarettes were first introduced in 2007, scientists have found harmful ingredients in the devices including poisonous metals, like nickel, tin, and lead, and other volatile compounds that can damage the lungs. The more immediate health effects include coughing and wheezing, behavioral and mood changes, headaches, seizures, vomiting and potential severe lung injury. Vaping also negatively affects teens' attention, learning and impulse control.

Nicotine

Nearly all vapes contain nicotine, one of the most addictive substances. Nicotine negatively affects the cardiovascular system (increasing heart rate and blood pressure and the risk of heart attack and stroke), respiratory/lung functioning (including inflammation, asthma, and wheezing) and reproductive organs.

Vaping-Related Lung Injury-EVALI

EVALI is a serious disease that primarily affects the lungs and results in a substantial number of hospitalizations and can even lead to death.

Symptoms include shortness of breath, weight loss, night sweats, fatigue, nausea, vomiting, diarrhea, and chills. If a child demonstrates these symptoms, seek health care immediately as this may be a life-threatening condition.



Some vaping devices look like regular cigarettes, cigars, or pipes, while others resemble USB sticks, guitar picks, small cellphones, lipsticks, tech devices, or other items.

Nicotine & the Adolescent Brain

Adolescents are uniquely at risk for long-term, long-lasting harms of nicotine, which can change the way synapses are formed, harming the parts of the brain that control attention and learning. Adolescent nicotine use can increase the risk of substance misuse and addiction, mood disorders, and permanent lowering of impulse control.

Many people who are able to stop smoking cigarettes by switching to vaping find it extremely difficult to quit vaping due to the very high doses of nicotine and the ease of consuming it through vapes.

Early nicotine use also makes adolescents more sensitive to other drugs in the future, including traditional cigarettes. Young people who vape are four times more likely to go on to smoke cigarettes than those who don't. A single Juul pod is equivalent to 20 cigarettes— which makes all of these risks even more dramatic.

Ready to stop vaping?
text "Start my quit" to 36072
(for free confidential coaching for youth)

Or call the Ohio Quit Line:
1-800-QUIT-NOW



MARIJUANA AND VAPING

The practice of using vaping devices to consume marijuana or cannabis products is becoming increasingly widespread. Recent data show that many youth who vape, especially older teens, are not just vaping nicotine. Many are vaping THC, the psychoactive ingredient in marijuana that produces a high. National data from 2019 show that 21% of 12th graders, 19% of 10th graders and 7% of 8th graders reported vaping marijuana in the past year, each a significant increase over the previous year. Other national data show that 15% of middle and high school students, and 43% of those who ever used vapes, have vaped marijuana.

Different from most plant-based marijuana, the level of THC in marijuana vapes can be far higher. Therefore, vaped marijuana tends to be much more potent than smoked marijuana.

Some marijuana vapes look like nicotine vaping devices (e.g., PAX brand, which resembles JUUL products); come in loose leaf, concentrate or extract forms; are available in youth-friendly flavors and names; and are virtually odorless.



The THC inhaled when vaping enters the bloodstream quickly and can lead to overuse, addiction and other negative health consequences. Vaping marijuana can cause bloodshot eyes, dry mouth, increased appetite, mood swings and can increase the risk of depression, psychosis and suicidality.

Marijuana vaping has also been implicated in the recent spate of vaping-related lung injuries and deaths known as EVALI (E-cigarette, or Vaping, product use Associated Lung Injury).

Marijuana use, regardless of how it is ingested, can have long lasting effects on the developing teen brain. Negative effects include:

- Impaired attention, learning, problem-solving skills, memory and other cognitive functions
- Impaired reaction time and coordination, especially related to driving
- Academic or job difficulties, school dropout
- Increased risk of mental health issues including depression, anxiety and, in some cases, psychosis and suicidal thoughts
- Marijuana use disorder (addiction) and other substance use and addiction

The likelihood of developing a marijuana use disorder, or addiction to marijuana, is about twice as high among teens than among adults who use marijuana.

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If you or a loved one is struggling with substance use, contact the Portage Addiction Helpline for resources and referrals at 330-678-3006.