

Volume 7, Issue 1
September, 2024

Articles:

The Risks of Vaping



Facts about Vaping



Maine Quit Link



Substance Misuse Prevention: A Collection of Readings

Health Effects of Vaping



<https://scitechdaily.com/images/Vaping-Lung-Damage-Concept.jpg>

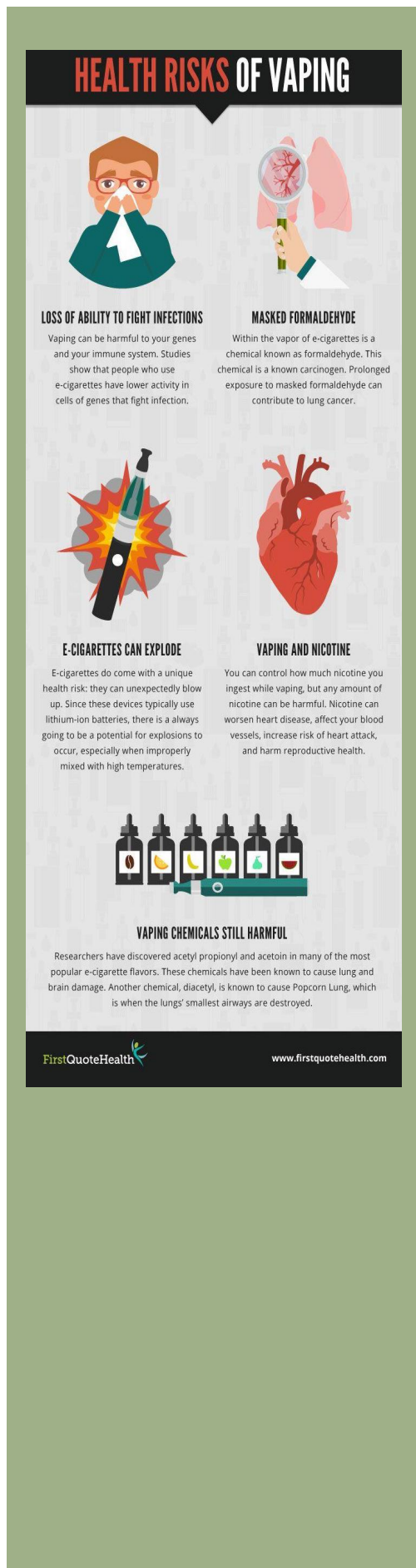
Risks of Vaping (NIH, 2020)

Vaping devices come in many shapes and sizes. Although the appearance of the devices may vary, they work in a similar way. Puffing activates a battery-powered heating device which heats liquid in a cartridge that then turns into vapor that is inhaled. The vapor exposes the lungs to many different chemicals, some of which can include nicotine, THC, CBD, flavorants, and other ingredients that can be produced during the vaporizing process.

One harmful ingredient of concern is a thickening agent called Vitamin E acetate- an additive in some THC-containing vape products. The CDC has identified Vitamin E acetate as a “chemical of concern” among individuals who have experienced vaping-associated lung injuries.

What is EVALI? (Yale Medicine, 2024)

EVALI (e-cigarette or vaping product use associated lung injury) is a serious condition where a person’s lungs become damaged from substances contained in vaping products.



Symptoms of EVALI:

- Shortness of breath
- Cough
- Chest Pain
- Fever and Chills
- Diarrhea, nausea, vomiting, and abdominal pain
- Rapid heartbeat
- Rapid and shallow breathing

Risk factors of EVALI:

- Current or previous use of a vaping device
- According to the CDC, over 80% of people hospitalized due to EVALI reported use of vaping products that contained THC

Vaping Facts You Need to Know (Hopkins Medicine, 2024)

1. Vaping is less harmful than smoking, but still not safe

Research from Johns Hopkins University on vape ingredients (2021) revealed thousands of chemical ingredients in vape products, most of which are not identified yet.

2. Research suggests vaping is bad for your heart and lungs

Emerging data suggests links to chronic lung disease and asthma, as well as associations between dual use of e-cigarettes and smoking with cardiovascular disease.

3. Electronic cigarettes are just as harmful as traditional ones

Many e-cigarette users get more nicotine than they would from a combustible tobacco product.

4. Electronic cigarettes aren't the best smoking cessation tool

Vaping products have not received FDA approval as smoking cessation devices.

For comments on this newsletter or suggestions for future articles please contact: Diane Geyer LCPC, LADC, CCS, NCC~ Director of Training or Mary Furlong, Graduate Assistant~ Email: diane.geyer@maine.edu or mary.furlong@maine.edu