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Articles

The Ugly Truth About Vaping



Know the Risks



What Does Vaping Do to Your Lungs?



Substance Misuse Prevention Newsletter: A Collection of Readings

Vaping: What You Need to Know

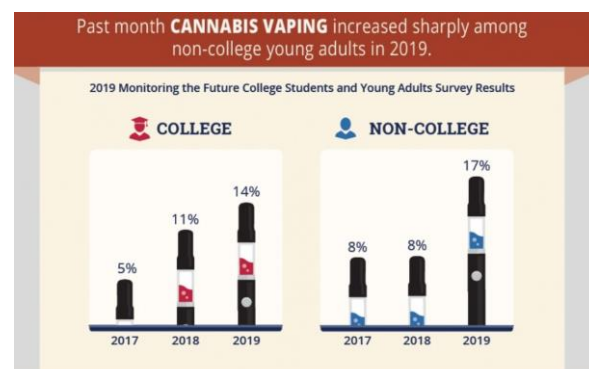
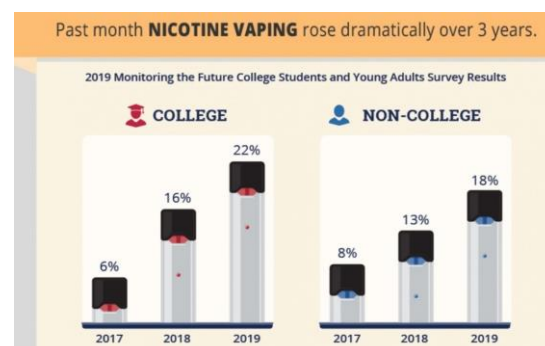


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Brief Overview

Vaping has become an increasingly popular trend over the past several years despite the known risks associated with vape and e-cigarette use. The American Heart Association has identified that some of these risks include nicotine addiction, lung damage, and an increased risk of heart disease. Additional research can help to understand the long-term effects of e-cigarettes and vaping devices as many of the chemicals contained in these devices are still unknown. Vaping has become a trend in the young adult population. The CDC has identified that this is harmful for brain development and can result in an increased likelihood of young adults using cigarettes in the future.

Vaping and Cannabis Trends among Young Adults (19-22) (NIH, 2020)



CDC Recommendations (Hopkins Medicine, 2023)

2,807 cases of e-cigarette or vaping use-associated lung injury (EVALI) were confirmed by the CDC in February 2020. 68 deaths were contributed to this condition. These cases were primarily a result of individuals modifying their vaping products- particularly in vaping products containing THC. As a result, the CDC has provided some recommendations regarding the use of vaping devices:

Do not use THC- containing e-cigarettes or vaping products.

Avoid using informal sources such as friends, family, or online dealers to obtain a vaping device.

Do not modify or add any substances to a vaping device that are not intended by the manufacturer.

5 Facts about Vaping

(Hopkins Medicine, 2023)

1. Vaping is less harmful than smoking, but still not safe- Vaping exposes you to less toxic chemicals than smoking, however, the CDC found that in February of 2020 there had been an outbreak of lung injuries and deaths associated with vaping.
2. Regular cigarettes and e-cigarettes contain nicotine, a highly addictive and toxic substance. Nicotine can cause high blood pressure and adrenaline spikes, increasing heart rate and the likelihood of a heart attack.
3. E-cigarettes are just as addictive as traditional cigarettes.
4. E-cigarettes are not the best smoking cessation tool- the CDC recommends looking at FDA approved smoking cessation options, e-cigarettes not being one of them.
5. A new generation is getting hooked on nicotine- according to the 2021 National Youth Tobacco Survey, more than 2 million U.S. middle and high school students reported using e-cigarettes in 2021.



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