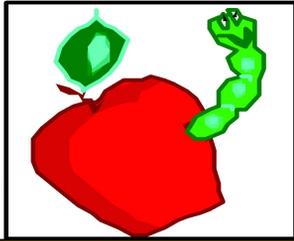


HEALTHBEAT

Provided by JLeamy RN ,V Falconi-Young RN, PGreenberg RN
Volume 22, October 2019



Vaping E-cigarettes

No matter the wording used, 'vape, vape pen,' 'JUUL' - it all refers to e-cigarettes. No matter the size, shape, ability to be charged by your computer or hidden in a student's sleeve during class - they are all **e-cigarettes**.

E-cigarettes are battery-powered electronic nicotine delivery devices (ENDS), originally intended for smokers who wanted a way to quit smoking traditional cigarettes and eventually quit all tobacco. These devices are made to transport nicotine from the device to the body.

Nicotine is addictive. It makes you want more, stresses you out when you cannot get it, and can have serious effects on the developing mind of youth.

E-cigarettes have evolved over the years. What used to be referred to as 'cig-a-likes' are now being referred to as 'Vapes', 'USB sticks', and 'mods.' You can alter the temperature, the wattage, even the amount of nicotine.

Use has become a serious issue in the last 4-5 years. This is when looks and flavors started to change. Flavors, or e-juice, are now marketed as fruity, kid-friendly flavors packaged to look like your favorite childhood treat. The majority were not regulated and did not report accurate ingredients. (CDC)

In 2017-2018 there was a 78% increase in e-cigarette use among high school students. So what happened in 2017? JUUL happened. JUUL introduced their seemingly fun flavors with a marketing campaign similar to those now banned for traditional cigarettes - promoting JUUL as your pathway to social inclusion and having a great time.

This increase almost completely undid all the public health work in the past years to lower the number of youth using tobacco products. So much so, that in 2018 the **U.S. Surgeon General declared** there to be a **vaping epidemic** among today's youth with immediate needs to address.

What's in the News?

So fast-forward to today, October 2019. Tobacco products (which includes "vaping" products) generally take their toll on a person's health over time, slowly affecting different systems and potentially leading to cancer and/or death. Lungs are affected...Skin is affected...Teeth, bones, heart...All parts of the human body are affected.

This is no longer the case. There is an outbreak of severe lung disease associated with e-cigarette use in 48 states across the U.S. and the U.S. Virgin Islands. (CDC) As of October 1, there have been 1,080 lung injury cases and 18 deaths confirmed in 15 states.

The majority of patients (80%) are under the age of 35, 21% in the 18-20 age range and 16% under 18. (CDC) About 70 % of patients are male.

All patients required hospitalization for various amounts of time. There is no confirmed cause linked to these illnesses. As the numbers continue to rise, though, the number of cases reported continues to rise as well.

How to Fight Back

- Talk to your kids, students, and friends about e-cigarettes.
- Talk about nicotine and addiction and how they can affect their developing brains and bodies.
- Talk about flavors - tastes good does not mean its safe.
- For more e-cigarette information: **cdc.gov**
- For help quitting tobacco: **1-800-QUIT-NOW**
- For youth help quitting tobacco **mylifemyquit.com**