

# E-CIGARETTES

## What Are E-cigarettes?

Electronic cigarettes (e-cigarettes) are battery powered devices that deliver nicotine, flavourings and other ingredients to the user. Using e-cigarettes is sometimes called 'vaping'. E-cigarettes do not create harmless 'water vapour', they create an aerosol that can contain harmful chemicals.

- E-cigarettes are electronic devices that heat a liquid and produce an aerosol or mix of small particles in the air.
- E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.
- Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items. Larger devices such as tank systems, or "mods," do not look like other tobacco products.
- E-cigarettes are known by many different names. They are sometimes called "e-cigs," "e-hookahs," "mods," "vape pens," "vapes," "tank systems," and "electronic nicotine delivery systems (ENDS)."
- Using an e-cigarette is sometimes called "vaping."



## How do E-cigarettes work?

E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine, flavourings, and other chemicals to make the aerosol. The liquid used is sometimes called 'e-juice', 'e-liquid', 'vape juice' or 'vape liquid'.

Users inhale e-cigarettes aerosol unto their lungs. Bystanders can also breathe in this aerosol when the user exhales into the air.

E-cigarette devices can be used to deliver marijuana and other drugs.

## Why is nicotine unsafe?

Most e-cigarettes (vapes) contain nicotine, the addictive drug in regular cigarettes and other tobacco products. Some vape product labels do not disclose that they contain nicotine, and some vape liquids marketed as containing 0% nicotine have been found to contain nicotine.

- Nicotine can harm the developing adolescent brain. The brain keeps developing until about age 25.
- Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control.
- Each time a new memory is created, or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people's brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.
- Using nicotine in adolescence may also increase risk for future addiction to other drugs.
- When a person is dependent on (or addicted to) 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 withdrawal symptoms include irritability, restlessness, feeling anxious or depressed, trouble sleeping, problems concentrating, and craving nicotine.<sup>3</sup> People may keep using tobacco products to help relieve these symptoms.
- People 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.
- What may start as social experimentation can become an addiction.
- Symptoms of nicotine withdrawal can improve after quitting. These symptoms will fade over time as the brain gets used to not having nicotine.



## What Are the Other Risks of E-cigarettes?

Some of the ingredients in e-cigarette aerosol could also be harmful to the lungs in the long-term. For example, some e-cigarette flavourings may be safe to eat but not to inhale because the gut can process more substances than the lungs.

Defective e-cigarette batteries have caused some fires and explosions, a few of which have resulted in serious injuries.

## What Is in E-cigarette Aerosol?

- 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
  - Flavourings 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
- The aerosol that users inhale and exhale from e-cigarettes can expose both themselves and bystanders to harmful substances.
- It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.



**E-cigarette aerosol is NOT just "water vapor"**

 <b>Prop 65* Chemicals in Vapor<sup>2</sup></b> Acetaldehyde Formaldehyde Isoprene Toluene Lead Nickel Nicotine N-Nitrosornicotine	 <b>Metals in Vapor<sup>2</sup></b> Aluminum Chromium Copper Iron Manganese Nickel Lead Antimony Tin Zinc	 <b>Carcinogens Found in the Urine of Vapers<sup>9</sup></b> Acrylonitrile Acrolein Propylene Oxide Acrylamide Crotonaldehyde	 <b>Withdrawal Symptoms<sup>6</sup></b> Cravings Anxiety Tingling Nausea Cramps Weight Gain Insomnia Mood Disorders Depression
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## Flavours and Marketing E-cigarettes

E-cigarettes come in various flavours, including fruit, candy, mint, and menthol. A study has shown that most young people who use e-cigarettes first started with a flavoured variety and flavours are the primary reason young people report using e-cigarettes. In 2022, most youth who reported using e-cigarettes used flavoured varieties (84.9%).

E-cigarettes are also advertised using the same themes and tactics that have been shown to increase youth initiation of other tobacco products, including cigarettes. In 2021, approximately 76% of students reported exposure to tobacco product marketing through traditional sources and approximately 74% of students who used social media had seen e-cigarette-related posts or content.

Britain has a £1billion vaping industry that is targeting children with cartoon character packaging and flavours that resemble fizzy drinks and sweets.

Rishi Sunak has said the Government is considering ways to strengthen rules on vape advertising after figures showed the proportion of children trying e-cigarettes has doubled in the past decade.



# Vaping in the news!

## Teenage boy collapsed after one puff of vape bought in 'counterfeit capital' Cheetham Hill

Glyn Potts, headteacher at Blessed John Henry Newman RC College, spoke of how pupils were left 'shocked' and 'scared' after their classmate became unwell and passed out near the school gates after his first ever puff of a vape pen.

Read more on the story here; <https://www.itv.com/news/granada/2023-05-30/teenage-boy-collapsed-after-one-puff-of-vape-bought-in-counterfeit-capital>

## UK government cracks down on youth vaping

A loophole that allows the e-cigarette industry to give out free samples of vapes to children is set to be shut down after Prime Minister Rishi Sunak unveiled plans to clamp down on companies that target youth vaping.

“We will also review the rules on issuing on-the-spot fines to shops that break the law by selling vapes to underage children and look into banning the sale of nicotine-free vapes to under 18s – which we know can be a gateway to using nicotine products,” said UK Health Minister Neil O’Brien. Read more on the story here; [no-more-free-vapes-for-kids](https://www.bbc.com/news/health-65444444)

## Schools to be told they should teach children and young people about vaping risks

Schools will be told to teach pupils about the health risks of vaping as part of a government crackdown on the issue. Schools are resorting to exclusions and other measures for pupils caught vaping on-site, as well as installing vape detectors, a Schools Week investigation found.

For more information; <https://schoolsweek.co.uk/schools-to-be-told-they-should-teach-pupils-about-vaping-risks/>

## Teen vaping becoming an ‘epidemic’ across UK

A leading UK doctor has warned the use of vapes and e-cigarettes by young people is a “new epidemic”.

Dr Mike McKean, vice-president of policy for the Royal College of Paediatricians and Child Health, said vaping was becoming a rising issue for teens. Despite being the sale of vapes being illegal to under-18s, he said Dr McKean said large numbers of teens are vaping at schools across the country.

“This is a problem the UK should take seriously. Walk past a school at closing time and you’ll see what happens – large numbers of children vaping,” he told The Guardian.

“That’s huge amounts of children spending money on products that are not cheap, and they’re inhaling chemicals we don’t know the long-term effects of. There can be large amounts of nicotine, especially in vapes from overseas, and children are becoming addicted to a drug.”

For more information; <https://www.standard.co.uk/news/uk/uk-school-vaping-teen-smoking-health-b1068319.html>

## Number of children vaping has risen by 50% in a year

The number of children trying out vaping has risen by 50% in the past year as campaigners call for a crackdown to "stem the tide of child vape experimentation".

Click on the link and watch the video on sky news for further information;

<https://news.sky.com/story/number-of-children-trying-vaping-rises-50-in-a-year-in-tide-of-experimentation-12882899>



## Getting help

If you would like advice and support, please refer to:

For support and advice on stopping vaping, dealing with withdrawals and anxiety and stress visit, they also have an online chat service: [nhttps://teen.smokefree.gov/quit-vaping](https://teen.smokefree.gov/quit-vaping)

This is Quitting is a free and anonymous text messaging program from Truth Initiative designed to help young people quit vaping. The first-of-its-kind quit program incorporates messages from other young people like them who have attempted to, or successfully quit, e-cigarettes. Our messages show the real side of quitting, both the good and the bad, to help young people feel motivated, inspired and supported throughout their quitting process. We also send young people evidence-based tips and strategies to quit and stay quit. This is Quitting is tailored based on age (within 13 to 24 years old) and product usage to give teens and young adults appropriate recommendations about quitting.

<https://truthinitiative.org/thisisquitting>

Advice on how to stop vaping <https://teen.smokefree.gov/quit-vaping/how-to-quit-vaping>

