

VAPE

Vaporizers (vape) are battery-powered devices that heat a liquid containing nicotine, marijuana or flavorings. The liquid is heated and converted into an inhalant aerosol.

What is the act of vaping?

It is the act of inhaling and exhaling the vapor produced by the heated nicotine liquid through an electronic cigarette, pen or personal vaporizer. This act emerged as a strategy to quit smoking and abandon the habit of nicotine use in smokers; however, its use has expanded among non-smokers, especially in young people.

Known risks of vaping

- E-cigarettes contain high levels of nicotine.
- Vaping is addictive.
- Addiction can affect the ability to concentrate.
- Vaping can cause lung irritation, including death.
- Vaping increases heart rate and blood pressure

Four facts about vaping

1. It is not just water vapor; it contains many toxins.
2. Most electronic cigarettes contain nicotine.
3. The substance in the vape may contain nicotine, carcinogenic chemicals or even unknown substances.
4. Young people are more likely to start smoking traditional cigarettes within a year after trying this modality.



What are the health effects of vaping?

- It produces addiction
- It generates anxiety and depression
- Sleeping problems
- Exposure to carcinogenic chemicals.
- Can lead to chronic bronchitis.
- Damage to the lungs.

What can you do to reduce youth vaping?

- Set an example for your child or family member by avoiding tobacco use.
- Keep them away from exposure to substances.
- Talk about the consequences and harms of vaping.
- Let them know your position and give them the confidence to talk.

If you have started using it and need help, contact a health care provider for guidance and to stop using it.

Social and Emocional

For recommendations, tools and resources on how you and your family can cope with the emotional and physical concerns that arise during and after any treatment, please visit your primary doctor or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health

787-641-9133

References:

<https://www.cancer.org/es/cancer/prevencion-del-riesgo/tabaco/vapeo-y-cigarrillos-electronicos/que-sabemos-acerca-de-los-cigarrillos-electronicos.html> ²⁰²²

<https://www.mayoclinichealthsystem.org/hometo-wn-health/speaking-of-health/a-doctors-warning-about-the-dangers-of-vaping> ²⁰²³

Prepared by Licensed Health Educators.

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