

VAPING



Vapes are battery-powered items that heat a liquid with nicotine, marijuana, or flavorings. The liquid is heated and turned into an inhalant aerosol.

What is the act of vaping?

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

Learn about the 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 known facts of vaping:

1. It is not just a water vapor; it contains many toxins.
2. Most e-cigarettes contain nicotine.
3. The substance in the vape can contain nicotine, carcinogenic chemicals, or even unknown substances.
4. It is more likely that young people, after trying this modality, will start smoking traditional cigarettes in a year.

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Effects of vaping on health:

- Produces addiction
- Generates anxiety and depression
- Trouble sleeping
- Exposure to carcinogenic chemicals
- Suffering from chronic bronchitis
- Damage to the lungs

What can be done to reduce vaping?

- Be an example for your child or family member by not using tobacco.
- Keep your child away from exposure to this substance.
- Talk to your children about the consequences and dangers of practicing this habit.
- Let your children know where you stand on this matter and give them the confidence to talk about it.

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

Social and Emotional Aspect

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

Medical Advice Line 1-844-347-7801
TTY/TDD 1-844-347-7804
APS Health 787-641-9133

References:

<https://kidshealth.org/es/teens/e-cigarettes.html>

<https://www.healthychildren.org/Spanish/health-issues/conditions/tobacco/Paginas/facts-for-parents-about-e-cigarettes-electronic-nicotine-delivery-systems.aspx>