



Vaping in adolescents

Health Prevention and Education Unit
Prepared by Licensed Health Educators

Objectives

Define concepts associated with vaping.

Discuss the realities of vaping among adolescents.

Mention the health effects of vaping.



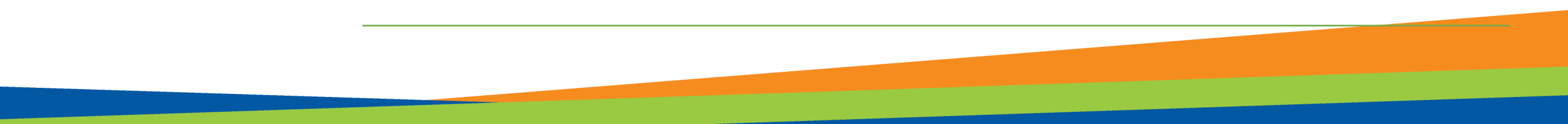
What is vaping?

It is the act of inhaling and exhaling the vapor produced by heated nicotine liquid using an e-cigarette, vape pen, or personal vaporizer.

It emerged as a strategy for quitting smoking and abandoning the nicotine habit among regular smokers.



It was created as a tool to help people quit smoking, but its use has expanded among non-smokers, especially young people.



What is an electronic cigarette?

- A device that heats liquid substances, usually containing nicotine, various flavorings, and other additives.
- The liquid is heated, creating an aerosol, which the person inhales.
- The device can come in different sizes and shapes.
- Some of the most common vaporizers may resemble a USB flash drive or pen.



Heated Tobacco Products (HTP)

It is a tobacco product that is heated electronically and without combustion.

It does not contain liquid, but rather processed tobacco.

Sale to minors is prohibited.

Its use is prohibited in the same spaces as conventional tobacco.



Heated Tobacco Products (HTP)

Health effects

Contains nicotine, glycerin, and propylene glycol, like e-cigarette aerosol.

They emit hazardous substances.

This is not a smoking cessation product.



Water Pipe o Hookah

Device for inhaling a tobacco blend with aromas and flavors.

Components: water-based base, smoke tube, and hose.

Smoke is inhaled through a hose.

Sharing the hose and mouthpiece facilitates the transmission of infections.

One session:
Equivalent to inhaling 100 times the smoke of a cigarette.
Greater nicotine absorption.



Known risks of vaping

E-cigarettes contain high levels of nicotine.

Vaping is addictive.

Addiction can affect concentration.

Vaping can cause lung irritation.

Vaping increases heart rate and blood pressure.

Realities of vaping



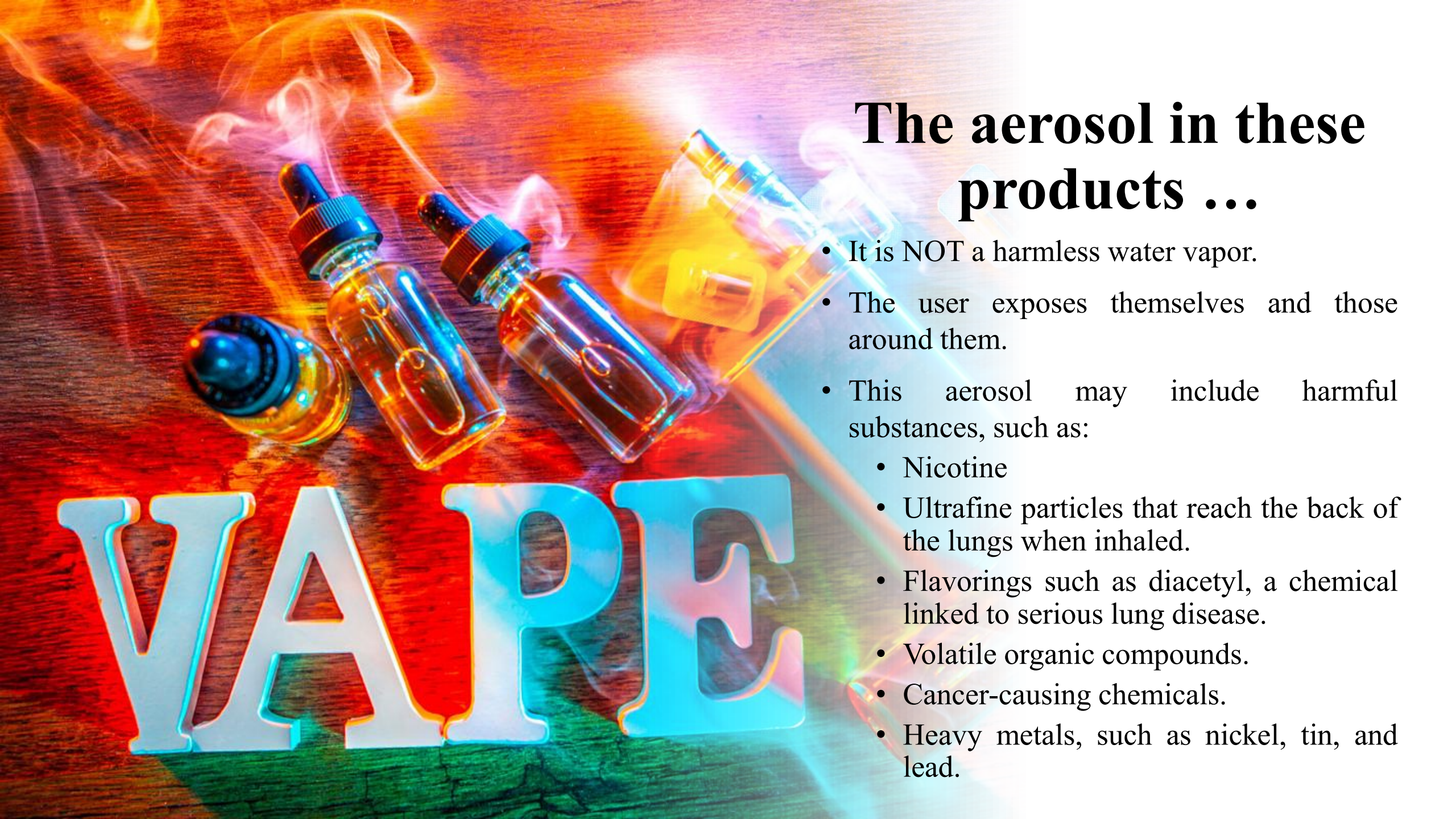
The aerosol from e-cigarettes, or "vapes," can contain nicotine and carcinogenic chemicals.

Young people are more likely to start smoking traditional cigarettes within a year.

This is a growing public health problem among young people, with risks to brain development and overall well-being.

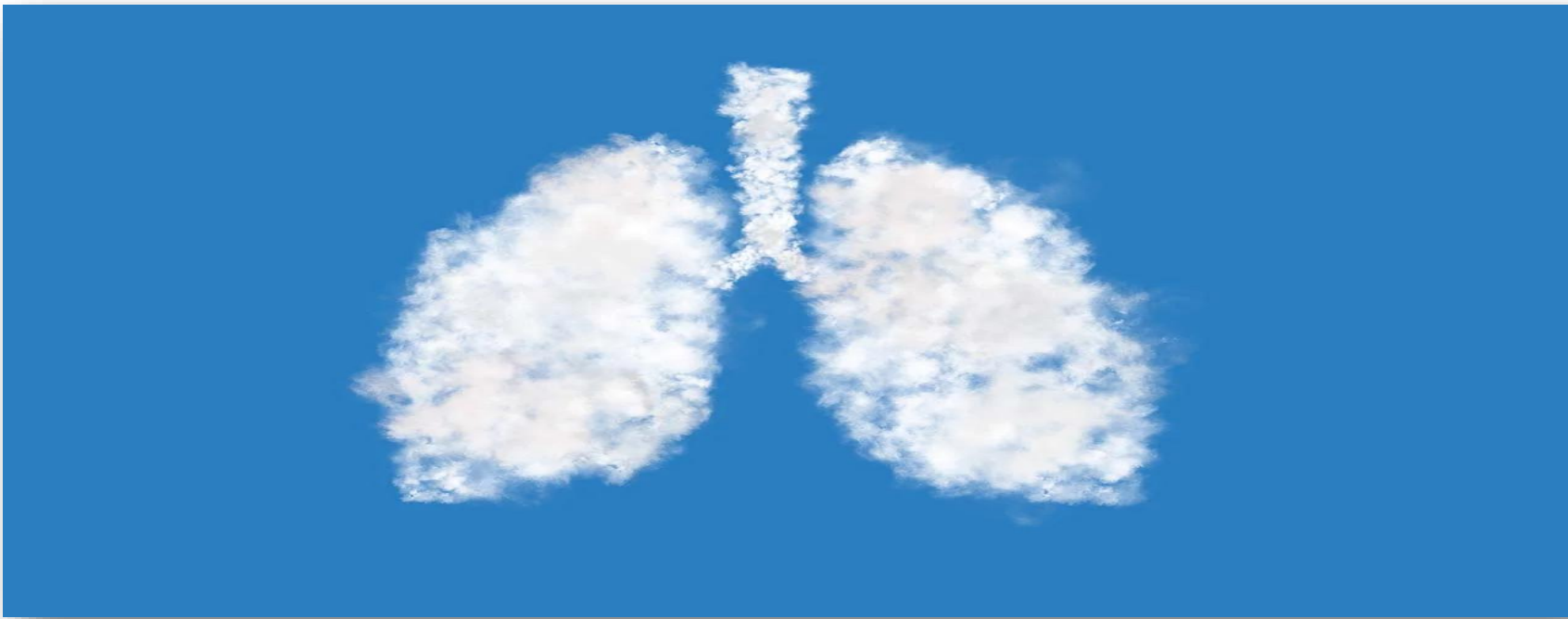
It's not just water vapor; it contains many toxins.

Most e-cigarettes contain nicotine.

The background of the slide features a close-up of three vaping products on a dark, textured surface. Two clear glass e-liquid bottles with black caps and one clear plastic vape pen are shown. Wisps of white vapor are rising from the bottles. In the lower-left foreground, the word "VAPE" is written in large, bold, 3D block letters with a blue-to-white gradient and a slight shadow. The overall lighting is dramatic, with warm orange and red tones in the background and cooler blue and white tones in the foreground.

The aerosol in these products ...

- It is NOT a harmless water vapor.
- The user exposes themselves and those around them.
- This aerosol may include harmful substances, such as:
 - Nicotine
 - Ultrafine particles that reach the back of the lungs when inhaled.
 - Flavorings such as diacetyl, a chemical linked to serious lung disease.
 - Volatile organic compounds.
 - Cancer-causing chemicals.
 - Heavy metals, such as nickel, tin, and lead.



What are the effects of vaping on health?

Addiction

Anxiety and depression

Becoming a smoker

Sleep problems

Exposure to cancer-causing chemicals

Chronic bronchitis

Lung damage

Nicotine is not safe for teenagers!



Nicotine can harm the developing brain of adolescents.



It causes damage to areas of the brain that control learning, attention, mood, and impulse control.



Nicotine use increases the risk of addiction to other drugs later in life.

How to understand nicotine?

- Nicotine can alter the brains of young people and make them addicted to it.
- Furthermore, it is a highly addictive drug.
- This is the same chemical found in cigarettes.



Symptoms of nicotine addiction

Urge to vape upon waking in the morning.

Feeling anxious or irritable due to withdrawal.

Hunger or increased appetite.

Trouble concentrating or sleeping.

Thinking about vaping throughout the day.

Continuing to vape, even after learning about the risks.



Know the signs of vaping and addiction

E-cigarettes don't smell or stain nails. For this reason, e-cigarette use is more difficult to identify.

Signs of use:

- ✓ Unusual behaviors, such as anger.
- ✓ Change in school performance.
- ✓ Dry cough or increased wheezing.



First steps to quit vaping



Be honest about your tobacco use.



Talk openly with a healthcare professional about the topic.



Learn about the real health risks of vaping.



THANK YOU!

References

- <https://kidshealth.org/es/teens/e-cigarettes.html>
- https://www.cdc.gov/tobacco/basic_information/e-cigarettes/spanish/los-riesgos-de-los-cigarrillos-electronicos-para-jovenes.html#:~:text=La%20nicotina%20puede%20da%C3%B1ar%20el%20cerebro%20en%20desarrollo%20de%20los%20adolescentes.&text=El%20cerebro%20se%20sigue%20desarrollando,el%20control%20de%20los%20impulsos
- <https://www.analesdepediatría.org/es-vaping-nuevos-problemas-una-nueva-articulo-S1695403319303674>
- <https://www.cancer.org/es/cancer/prevencion-del-riesgo/tabaco/vapeo-y-cigarrillos-electronicos/que-sabemos-acerca-de-los-cigarrillos-electronicos.html>
- <https://www.behealthpr.com/vapear-y-fumar-en-la-adolescencia-un-riesgo-silencioso-para-la-salud-mental/>
- <https://www.fda.gov/media/175648/download>



Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can address the emotional and physical concerns that arise during and after medical treatment, please visit your primary care physician.



Medical Advice Line

Medical Advice Line

24 hours a day/ 7 days a week

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