

## LISA'S STORY

### Irreversible Damage



Lisa had just turned 25 when she decided she wanted to stop smoking cigarettes. She started smoking when she was 18 but wanted to kick the habit for good. She decided to quit cold turkey, but anytime she would even smell smoke, she would just start back up again. Her friend Rachel said, "Why don't you try electronic cigarettes? You still get a

hit of nicotine, but it's not as much. You can gradually quit that way rather than keep trying to quit and starting back up again. Also, there isn't as much of the bad chemicals in e-cigarettes as there are in regular ones." Thinking that she had nothing to lose, Lisa bought an e-cigarette and only one set of cartridges, telling herself that she wouldn't smoke more than that single cartridge. She even asked about the return policy so that she could return the e-cig once she broke her habit.

Flash forward to Lisa's 30th birthday. As Rachel sat beside her hospital bed, Lisa could barely stop coughing long enough to hear the doctor say, "I'm so sorry, but you have Bronchiolitis obliterans, which is what many people call 'Popcorn Lung.'" He continued to explain Popcorn Lung, but Lisa went numb when she heard the word "irreversible." She had noticed a shortness of breath like she had never experienced before, even while smoking regular cigarettes, but had never thought it serious enough to go to the doctor. At her birthday brunch with Rachel, however, Lisa started wheezing and coughing so bad, she had to excuse herself to the bathroom. Just that short walk made her so short of breath that she passed out. That's when they rushed to the hospital. "I'm so sorry," the doctor continued, "but the scarring in your lungs is so bad that you'll have to be put on the transplant list. We can connect you to an oxygen tank to help keep you comfortable, but with your addiction, there's not much we can do for now."

## "No THANKS"

### How to Tell Your Friends that You Don't Smoke

You might have a few friends who think using e-cigarettes is fun or cool, but don't let them influence you. It's not that hard to say "no" after a little practice. Try one of these lines the next time someone offers you tobacco:

- "No thanks. My parents would kill me if they found out."
- "No way. That stuff is addicting."
- "You know those contain cancer causing chemicals, right?"
- "Gross! No thanks!"

# ELECTRONIC CIGARETTES



 Printed on 30% Post-Consumer Recycled Paper

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## FAMILIAR DANGER



## WHAT ARE ELECTRONIC CIGARETTES?

You're enjoying a night out with some friends when one of them pulls out an electronic cigarette and starts to smoke it. You're curious, so you ask him what it's all about. He tells you that it's an e-cig and it's totally safe, but still gives you the same buzz that cigarettes give you. Should you go ahead and try it?

Electronic cigarettes, also known as e-cigarettes or e-cigs are battery operated devices that are designed to look and feel like an everyday cigarette. The majority of these devices use refillable cartridges that are filled with a liquid that contains flavorings and very harmful chemicals. According to a study, there are over 250 different brands of e-cigarettes on the market in the United States today. With so many different brands for sale, it is very likely that there is a wide variety of unintended chemicals that each contain.

## HOW DO THEY WORK?

E-cigs are designed to resemble regular cigarettes, but there's one huge difference – you don't need a flame. Instead, these devices contain a battery, a vaporization chamber and a cartridge filled with liquid nicotine. Rather than smoking, the process of using an e-cigarette is referred to as "vaping." The user inhales just like they would a regular cigarette and the device heats the liquid nicotine, which changes into a flavored vapor.

## 5 THINGS YOU NEED TO KNOW ABOUT E-CIGS

Electronic cigarettes are advertised as being a cleaner, healthier alternative to cigarettes, but is this really the case? Here are some good things to know about e-cigarettes:

1. E-cigarettes are addictive – One of the greatest advantages of e-cigs is that they don't contain as many harmful chemicals as regular cigarettes but just like regular cigarettes, most electronic cigarettes contain nicotine. Nicotine is a highly addictive chemical that makes smoking very hard to stop.
2. E-cigarettes contain chemicals that are harmful to your health – Studies show that e-cigs do in fact contain harmful chemicals. In two leading brands of electronic cigarettes; the FDA found alarming levels of cancer-causing chemicals-including traces of diethylene glycol, a poison used in anti-freeze.
3. E-cigarettes put you at risk for nicotine poisoning – Nicotine is a poison. In some bottles of e-liquid, there is enough nicotine to kill a child. Researchers have discovered several issues related to e-cig designs. One flaw is that the devices may sometimes leak nicotine on the skin or inside of the user's mouth. This creates a huge risk for nicotine poisoning.
4. E-cigarettes are not yet regulated – The greatest issue with e-cigs is the fact that they are not regulated. Studies have shown that e-cigs have incomplete and inaccurate labeling.
5. The health effects of e-cigarettes are unknown – Since electronic cigarettes are so new no one is exactly sure what is in them. There are no long-term studies on the health effects of these devices. Also, there is no proof that the vapor inhaled by users is safe.



## E-CIGARETTES AND TEENS

Electronic cigarettes have claimed to help users quit smoking, but could it also be attracting young people to start?

Electronic cigarettes make it easier for kids to try smoking. The Centers for Disease Control and Prevention report that the advertising of electronic cigarettes is reaching children and teens with alarming success. It's a huge concern that these devices are marketed more toward young people due to the colors they come in, including pink or blue. Also, the flavors they come in such as strawberry, chocolate and bubble gum, make them more appealing to teens. Since electronic cigarettes are not regulated there are no laws against them. This means they can be sold anywhere from online to mall kiosks. They are also much cheaper than regular cigarettes making them easily accessible to kids. The use of these devices among high school and middle school students has doubled in just one year. Studies show that, altogether, 1.78 million students nationwide have admitted to using e-cigarettes.

## "VAPING" MARIJUANA?

### Not Used As Intended

Pot smokers have gotten a little creative with the electronic cigarette. They are able to disguise smoking weed by using the e-cig. Smokers use cannabis in liquid form, and it is impossible to tell what substance the user is "vaping" in public. After all, it emits an odorless vapor. This trend is growing rapidly among teens. The scary part about this trend is that this form of marijuana is much stronger than the regular form of marijuana. Liquid cannabis contains between 50 to 90 percent THC, the drug's main mind-altering chemical. So you'll get the same unpleasant side effects from using, but way worse. Here's a few:

- Memory loss and trouble concentrating
- Weight gain from increased appetite
- Panic attacks
- Paranoia
- Trouble sleeping
- Increased risk of several types of cancer
- Weakened immune system
- Greater risk of having unprotected sex
- Chest and lung problems, including emphysema, bronchitis and chest colds
- Increased heart rate

