

ELECTRONIC SMOKING DEVICES

What is an "ELECTRONIC SMOKING DEVICE"?

- It is designed to work like a cigarette
- It contains nicotine-laced liquid flavors
- The vapor is inhaled like a cigarette
- No studies that show its exact effects

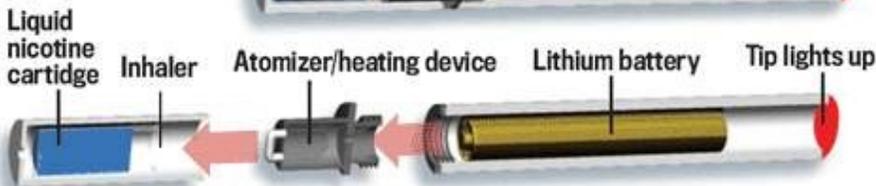
USING AN ELECTRONIC SMOKING DEVICE IS COMMONLY REFERRED TO AS "VAPING"



SAY WHAT?!

How an electronic cigarette works

The electronic cigarette contains a battery that activates a heating device, atomizing liquid nicotine inside a cartridge and producing a vapor that is inhaled.



Source: allhookah.net

Tim Summers / The Detroit News

* ACTUAL APPEARANCE MAY VARY DEPENDING ON THE DEVICE

PEOPLE WHO USE ELECTRONIC SMOKING DEVICES HAVE NO WAY OF KNOWING:

- HOW MUCH NICOTINE OR OTHER POTENTIALLY HARMFUL CHEMICALS ARE BEING INHALED DURING USE
- IF THERE ARE ANY BENEFITS ASSOCIATED WITH USING THESE PRODUCTS
- IF THE DEVICES WILL LEAD YOUTH TO TRY OTHER TOBACCO PRODUCTS INCLUDING CIGARETTES

U.S. FOOD & DRUG ADMINISTRATION PUBLIC HEALTH FOCUS (4/25/2013)

SCIENTISTS AND MEDICAL PROFESSIONALS OFFER THE FOLLOWING CAUTION:

"LITTLE CONCLUSIVE RESEARCH HAS BEEN DONE TO DETERMINE THE HEALTH EFFECTS OF INHALING A NICOTINE-LACED VAPOR"

"THERE IS NO SPECIFIC EVIDENCE THAT ELECTRONIC SMOKING DEVICES ARE A SAFE SUBSTITUTE FOR TRADITIONAL CIGARETTES"

— Russ Sciandra

American Cancer Society of New York state, Director of Advocacy

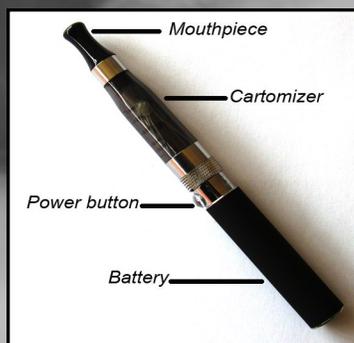
WWW.LEDGER-ENQUIRER.COM/2013/08/08/2623443/MORE-THAN-JUST-HOT-AIR-WHETHER.HTML



Source: volcanoecigs.com



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HEALTH RISKS

- ❑ INITIAL FDA TESTS OF ELECTRONIC SMOKING DEVICE SAMPLES SHOW THEY INCLUDE CARCINOGENS AND OTHER TOXIC CHEMICALS
- ❑ THERE ARE NO STUDIES THAT SHOW EXACTLY WHAT VAPOR DOES TO THE HUMAN LUNGS OR HEART
- ❑ MANUFACTURERS ARE NOT REQUIRED TO SHARE THE INGREDIENTS IN E-LIQUIDS OR THE VAPOR

AMERICANS FOR NON SMOKERS RIGHTS (ANR) [HTTP://WWW.NO-SMOKE.ORG/LEARNMORE.PHP?ID=645](http://www.no-smoke.org/learnmore.php?id=645)

HIGH-TECH YOUTH APPEAL

- ❑ ELECTRONIC SMOKING DEVICES MODEL SMOKING BEHAVIOR AND THE "ACT" OF SMOKING
- ❑ E-LIQUIDS ARE SOLD IN FRUIT-FLAVORS, CANDY-FLAVORS, AND OTHER INTERESTING FLAVORS THAT MAKE THEM APPEALING TO TRY
- ❑ ELECTRONIC SMOKING DEVICES MAY APPEAL TO YOUTH BECAUSE OF THEIR HIGH-TECH DESIGN, VARIETY OF E-LIQUID FLAVORS, AND EASY AVAILABILITY (EASY TO FIND ONLINE AND KIOSKS IN NEARLY EVERY SHOPPING CENTER)

STAY HEALTHY

LIVE HEALTHY!

- ❑ MODEL FOR YOUR CHILDREN AND YOUTH OTHER WAYS TO ENJOY LIFE WITHOUT NICOTINE PRODUCTS
- ❑ SPEND A DAY AT THE BEACH, TAKE SANDWICHES TO THE PARK AND FLY KITES, BE CREATIVE!

BE OPEN TO TALK!

- ❑ HAVE OPEN COMMUNICATION WITH YOUR CHILDREN AND YOUTH ABOUT THE UNKNOWN HEALTH RISKS OF ELECTRONIC SMOKING DEVICES
- ❑ LEARN WHAT THEY THINK ABOUT SMOKING AND THEIR PERSONAL FEELINGS

SET CLEAR BOUNDARIES!

- ❑ TELL YOUR TEENS THAT THEY ARE NOT PERMITTED TO USE TOBACCO, ALCOHOL, ILLICIT DRUGS OR ELECTRONIC SMOKING DEVICES

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All information was compiled by the Prevention Resource Center of Drug-Free Hawaii for educational purposes only.



Source: volcanoecigs.com



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LOCAL RESOURCES

WWW.CLEARTHESMOKE.ORG/HOME

1-800-QUIT-NOW (784-8669)

WWW.CLEARTHESMOKE.ORG/INFORMATION-FACTS

WWW.TOBACCOFREEHAWAII.ORG/RESOURCES/

NATIONAL RESOURCES

[HTTP://HAWAII.GOV/HEALTH/HEALTHY-LIFESTYLES/TOBACCO/RESOURCES/CLEANBREAK/CLEANBREAK.HTM](http://HAWAII.GOV/HEALTH/HEALTHY-LIFESTYLES/TOBACCO/RESOURCES/CLEANBREAK/CLEANBREAK.HTM)

WWW.CLEARTHESMOKE.ORG/CONNECT/OTHER-PROGRAMS-STATEWIDE

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