VAPING

What Parent’s need to know
VAPE Devices and DAB Pens

**VAPEs** are the latest versions of e-cigarettes, they contain a battery-powered heating element that vaporizes a liquid containing **nicotine (not THC)**.

**DAB pens** are devices which are used purely for the consumption of dabs of THC. These tiny little concentrates of **THC** are vaporize by the DAB PEN, which are used with concentrated **marijuana oils**, not nicotine.
So what’s the Difference

Stronger E-Cigarette/Vape

<table>
<thead>
<tr>
<th>salt-based nicotine</th>
<th>freebase nicotine</th>
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<tbody>
<tr>
<td>59 mg of nicotine per ml</td>
<td>anywhere from 0 to 36 mg of nicotine per ml</td>
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pods not refillable  
refillable tank

## Pods Vs Refills

### Pods
- Costly
- Small and easily concealed
- 1 pod equal to smoking ½ pack of cigarettes for the Nicotine content
- Various Flavors
- Odor is Fruity and hard to detect
- Higher in Nicotine 59mg/ml

### Liquid Refills
- Inexpensive
- Large in size
- Various substance have been found to include illegal narcotics
- Various Flavors
- Odor is fruity and hard to detect
- 0-39mg/ml of Nicotine
How Much is That?

5% strength of what?

How much is 5%?
• 59 mg/ml = extremely high!
• 59 mg/ml = pack of cigarettes
• 1 POD=1/2 pack of cigarettes
• Use of benzoic acid

• NOTE: EVERY JUULPOD CONTAINS NICOTINE!
More Nicotine = More Smoking and or Vaping
What’s in that Pod

- Nicotine
- Benzoic Acid
- Glycerol
- Propylene Glycol
- Natural Oils
- Extracts and Flavors
- ?????

*>20 Million have been produced

30% of the market
Definitions:

GAS
A substance with indefinite expansion. When you let a gas out of its bottle, it will usually keep spreading out until it’s completely mixed with the air.

Vapor
It can mean the same as gas, but it may also be used to describe a visible exhalation, such as steam or fog. “Vapor” isn’t as precise a term as “gas” or “aerosol.”

Aerosols
A mixture of liquid particles suspended in a gas. Instead of just mixing with the air like a pure gas, aerosols can leave drops behind.
Do you think that vape smoking is a gas, vapor, or aerosol
What’s in E-Cigarette Aerosol

- Propylene glycol, Glycerin, Flavorings (various), Nicotine, NNN, NNK, NAB, NAT, Ethylbenzene, Benzene, Xylene, Toluene, Acetaldehyde, Formaldehyde, Naphthalene, Styrene, Benzo(b) fluoranthene, Chlorobenzene, Croton aldehyde, Propionaldehyde, Benzaldehyde, Valeric Acid, Hexanal, Fluorine, Anthracene, Acenaphthene, Fluoranthene, Benz(a) anthracene, Chrysene, Retene, Benzo(a)pyrene, Indeno(1,2,3-od)pyrene, Benzo(ghi)perylene, Acetone, Acrolein, Silver, Nickel, Tin, Sodium, Strontium, Barium, Aluminum, Chromium, Boron, Copper, Selenium, Arsenic, Nitrosamines, Polycyclic aromatic hydrocarbons, Cadmium, Silicon, Lithium, Lead, Magnesium, Manganese, Potassium, Titanium, Zinc, Zirconium, Calcium, Iron, Sulfur, Vanadium, Cobalt, Rubidium
Propylene Glycol = AntiFreeze

Acetone = Nail Polish Remover

Formaldehyde = Embalming

Ethylbenzen = Paint, Pesticides

Nicotine = Cigarettes/Tobacco

Rudium = Fireworks
What About The Second Hand Smoke?
How Does Second Hand Smoke Effect

Nicotine & other chemicals
Vape and your Body
How Nicotine Effects Your Body

Trouble Breathing
Damage to the Lungs

The Heart beats faster and activates the fight or flight response

Increased acid reflux
MAN LOSES 7 TEETH AFTER VAPE PEN EXPLODES IN HIS FACE

U.S.
What’s Up with e-cigarettes

- Electronic cigarettes (JUUL/VAPE DEVICES)
- Very popular (cigarette smoking is down / vaping is up)
- No lingering odor (smells like fruit), gone in 30 seconds
- JUUL: all contain nicotine (pod can be modified)
- Vape devices: flavored oils (some do not contain nicotine)
- DAB pens vaporize THC oils
- THC oil smells like marijuana and it lingers for a while
- No residue (butts or ashes)
- Not harmless! Dosages are high and devices have exploded
Long Term Effects - What are They?

When Inhaled:
- Irritation to the Lungs, nose, and throat
- Coughing, shortness of breath, and even wheezing have been experienced

When Exposed to the skin
- Cracking and Drying of the skin
- Little Research completed

Nicotine addiction
• Stanford Medicine-  [http://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs/ECigUnit2.html]
• Google Images
• Science News for Students, May 29, 2015, [https://www.sciencenewsforstudents.org/article/vaping-may-harm-lungs]
• Stanford University, Tobacco Prevention Toolkit, E-Cigarette and Vape Pen Module Unit 6 Quiz