



# Health Awareness- Vaping

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# Introduction- What is Vaping?

- Vapes are electronic devices designed to allow people to inhale nicotine in a vapour. Using a vape is known as vaping. Vapes are also available without nicotine. (FRANK, 2022).
- Vapes were invented for people who wanted to stop smoking and the aim was to have fewer smokers buying cigarettes.

Can you name some common myths around vaping?



# Nicotine and Teenagers

## How does Nicotine affect teenagers?

- Nicotine is a drug that is often in vapes and is highly addictive for young brains. **It can cause long-lasting negative effects on brain development.**
- Nicotine changes the way brain synapses are formed in young people.
- This can harm your ability to pay attention, learn and affect your mood and memory
- **Nicotine is very addictive.**
- **This can mean feeling irritable or anxious, as well as craving to vape.**
- You may also experience a lack of concentration when you can't vape and you can have trouble sleeping.

# “Nicotine free vapes are not harmful”

Vapes may expose you to chemicals at levels that have the potential to cause negative health effects. Vaping can impact your lungs and fitness. It can also leave you at increased risk of depression and anxiety. **Vaping has been linked to serious lung disease.** Importantly, many of the long-term harms of vaping are still unknown.

You're not vaping water. When you inhale from a vape you can be exposed to:

- The same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray
- Toxins such as formaldehyde and heavy metals
- Ultrafine particles that can be inhaled deep into the lungs
- Flavouring chemicals such as diacetyl (a chemical linked to serious lung disease)

- Vapes have even been known to explode causing serious burn
- Vaping products are often not labelled or are incorrectly labelled.
- **Most vapes with labels that claim to be nicotine free contain nicotine and a lot of other chemicals..**
- They just don't put it on the pack.

# Why do people Vape?

Vaping was designed to aid smokers quit smoking cigarettes.

Vaping was NOT designed as for use for non smokers.

# What is in a Vape?

- **Potentially harmful substances found in vape devices include:**
- **Diacetyl:** Inhaling diacetyl has been linked to irreversible lung damage in factory workers, according to the National Institute for Occupational Safety and Health (NIOSH).
- **Heavy metals:** Exposure to heavy metals may cause flu-like symptoms, lung damage, and even cancer in some cases.
- **Ultrafine particles:** If inhaled, ultrafine particles may damage the respiratory and cardiovascular (heart) system and other parts of the body.
- **Volatile organic compounds:** These compounds may put people at risk for many health problems, such as cancer and heart damage.



# Effects of Vaping on Health

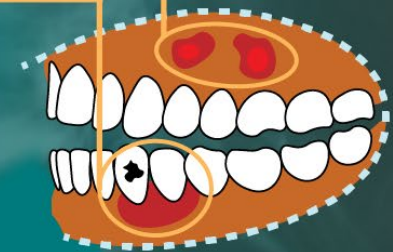
## Before It Reaches Your Lungs E-cigarette vapor can impact your health

New research shows similar oral cancer-linked impacts on gum cells from e-cigarette vapor and cigarette smoke.

E-cigarette use is linked to increased rates of tooth decay and gum disease.

Emerging research shows that in your mouth, e-cigarettes can cause negative health effects very similar to those caused by traditional cigarette smoke.

### Is it worth the risk?



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# The Facts About Vaping

**2,051+**  
lung injury



cases in the United States associated with vaping as of November 2019.



**Nicotine**  
can permanently

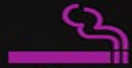
change the developing teenage brain, creating a nicotine addiction for life.

**10 million**  
youth in the United States used, or were open to using, e-cigarettes in 2018.



**39** deaths

associated with vaping as of November 2019.

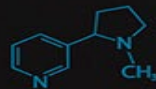


**Eighth graders who vape**  
are **10 times more likely to eventually**  
smoke cigarettes than their non-vaping peers.

**135% increase**  
in high school students  
using e-cigarettes, reported between 2017 to 2019.



**60%**  
of young people

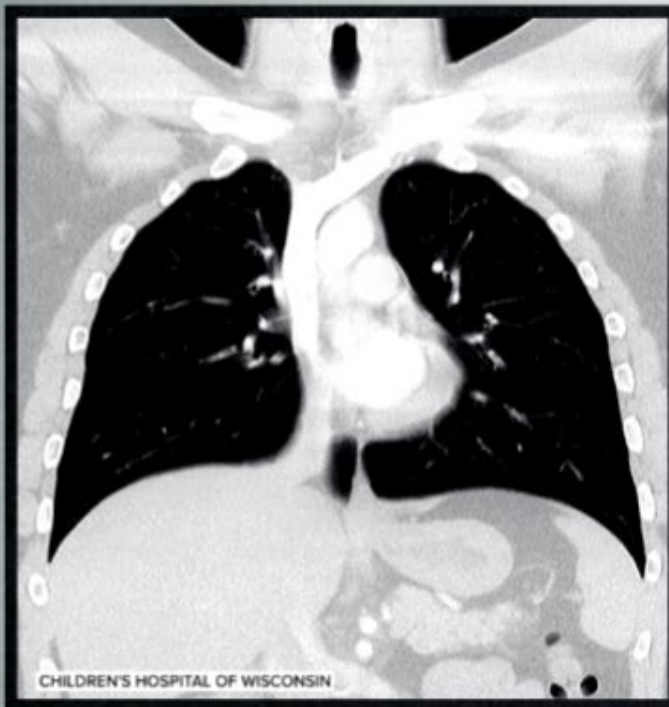


think e-cigarettes are mostly flavor; the truth is that more than 98% of products tested contain nicotine.





**NORMAL LUNG**



**VAPING DAMAGED LUNG**



# Video

- [https://www.youtube.com/watch?v=9dZS\\_Rniak0](https://www.youtube.com/watch?v=9dZS_Rniak0)

## Health Issues- Children's Experience with Vaping/ Withdrawal

- <https://www.youtube.com/watch?v=jpKMWFaptwE>

# Statistics

- Vapes are electronic devices designed to deliver vapourised liquids into your lungs when you breathe in.
- Vapes aren't water. The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack.
- The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. **Vapes are not safe.**
- Many vapes contain nicotine making them **very addictive.**
- The nicotine in 1 vape can = **50 cigarettes.**
- If you vape you are **3 times** as likely to take up smoking cigarettes.
- Vaping has been linked to **serious lung disease.**
- Vape aerosol **is not water vapour.**
- Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray.
- You might think vaping is harmless, but it isn't, and **the serious consequences of vaping are just starting to emerge.**

# Conclusion

## Young people and vaping

- While vaping can help smokers quit, it is not harmless and is not for young people under 18. It is especially important to protect young lungs and brains.
- That's why there's a minimum age of sale for vaping products in the UK. It is illegal to sell nicotine vaping products to anyone under 18 or for adults to buy them on behalf of under-18s.
- If you find a retailer selling either nicotine vapes or tobacco products to under-18s, you can report a retailer to local authority Trading Standards via the Citizens Advice online portal.
- (NHS- Better Health)

# Help and More Information

1) **Talk to Frank:**

<https://www.talktofrank.com/drug/vapes>

FRANK is a national anti-drug advisory service jointly established by the Department of Health and Home Office of the British government in 2003. It is intended to reduce the use of both legal and illegal drugs by educating teenagers and adolescents about the potential effects of drugs. It has run many media campaigns.

2) **NHS Better Health:**

<https://www.nhs.uk/better-health/quit-smoking/vaping-to-quit-smoking/>

3) **School Nurse:** [School nurse can signpost you to different services.](#)

# Key Messages

## Think Vaping Is Safe?

If you are using Electronic Smoking Devices (ESDs) you could:

- Inhale chemicals that cause lung disease and possibly death
- Become addicted to nicotine which can damage the developing brain

If you don't vape, **DON'T START!**  
If you do vape, **QUIT NOW!**





# Drop In Service

Part of the role of the School Nurse is to offer a drop in service for secondary school children.

- Confidential appointments can be made through your school welfare.
- You can speak to you school nurse about any health concerns or issues you may have such as physical, mental of emotional wellbeing.
- We can help you access the correct services for your needs.
- School Nurse Website -  
<https://www.hillingdoncyp.cnwl.nhs.uk/>

# Thank You For Listening 😊

## Any Questions?