

Talking Points – E-Cigarettes and Vaping

Slide 1: Title/Introduction – E-Cigarettes and Vaping: It's Not Just Water Vapor

Slide 2: What is it?

Talking Points:

- *Upon addressing each device refer to the corresponding picture.*
- *Address that the vapor from e-cigs and hookah is the substance that is inhaled.*
- *Both the acts of smoking e-cigs & hookah are considered “vaping”.*

Slide 3: Is it harmful?

Talking Points:

- *The vapor from e-cigs and hookah contain fewer chemicals than tobacco smoke, but the vapor is not pure water vapor. E-cigarette vapor still contains many chemicals, some of which are the same as those found in cigarette smoke.*
- *The vapor inhaled from e-cigarettes contains many chemicals and additives. The various properties of the vapor can cause permanent lesions in the lungs; resulting in shortness of breath, coughing, and can lead to the same health consequences as tobacco smoke.*
- *Popcorn Lung got its name because factory workers who worked for a company that made popcorn would inhale the fumes from the popping and butter making processes. These fumes caused the same lesions and side effects that vaping causes.*
- *Some people have tried using e-cigarettes in attempt to quit smoking cigarettes, but they are not meant to be a “safer” or “less harmful” replacement for cigarettes.*

Slide 4: Hookah

Talking points:

- *Hookah is not safer than smoking cigarettes; hookah is just as harmful and addictive.*
- *You can potentially absorb more nicotine during a hookah session than a two pack a day smoker.*
- *Any form of hookah like water pipes or hookah sticks will cause the same health consequences and nicotine addiction as smoking cigarettes.*

Slide 5: FDA Regulation

- *****Update/Correction on video- As of August 2016, the FDA now regulates e-cigarettes like tobacco products. ⁵**
- **Banning the sale of e-cigarettes to all people under the age of 18. ⁵**

Talking Points

- *Before 2016, the FDA never regulated the use of e-cigs. We do not know much about the health effects of e-cigs because they are so new. As of July 2016, e-cigarettes are regulated by the FDA and treated like any other tobacco product. A person must be over 18 years of age to purchase an e-cigarette in the United States.*

Slide 6: Recap

- E-cigarettes and Hookahs are technically safer but the vapor does contain many additives and chemicals that can cause addictive and harmful consequences.
- E-cigarettes are relatively new in the grand scheme of tobacco products, so we still do not know their health effects and consequences.

- Many teens and young adults find themselves smoking e-cigarettes or hookah in social situations, so be mindful of your surroundings and the events that are occurring around you.

Talking points:

- *The vapor from these devices is not free from chemicals and additives. Keep in mind that anything you light up or is heated such as the e-juice in e-cigarettes will change its' chemical composition, and if you inhale it you are still absorbing all of its chemicals.*
- *Popcorn Lung disease was discovered recently and we still don't know what other harmful health effects smoking e-cigs can cause. Keep in mind however that cigarettes were around for a very long time before the surgeon general announced that cigarettes were harmful and can cause cancer and premature death.*
- *Social situations are going to be the most common place where you are going to encounter e-cig and hookah use. Be mindful of your surroundings. **It is easier to say no before even taking a hit than to say no once you're addicted.***

Slide 7: Resources

References:

1. "E-Cigarettes: What Vaping Does To Your Body". *Live Science*. N.p.,2016. Web. 16 Aug. 2016.
2. "What Is Hookah And Is It A Safe Way To Smoke Tobacco?". *Verywell*. N.p., 2016. Web. 16 Aug. 2016.

3. "Chemical Linked To 'Popcorn Lung' Found In Flavored E-Cigarettes". Laboratory Equipment. N.p., 2015. Web. 16 Aug. 2016.
4. "The Dirty Truth About E-Cig". *YouTube*. N.p., 2016. Web. 16 Aug. 2016.
5. "Vaporizers, E-Cigarettes, And Other Electronic Nicotine Delivery Systems (ENDS)". *Fda.gov*. N.P., 2016. Web. 16. Aug. 2016.