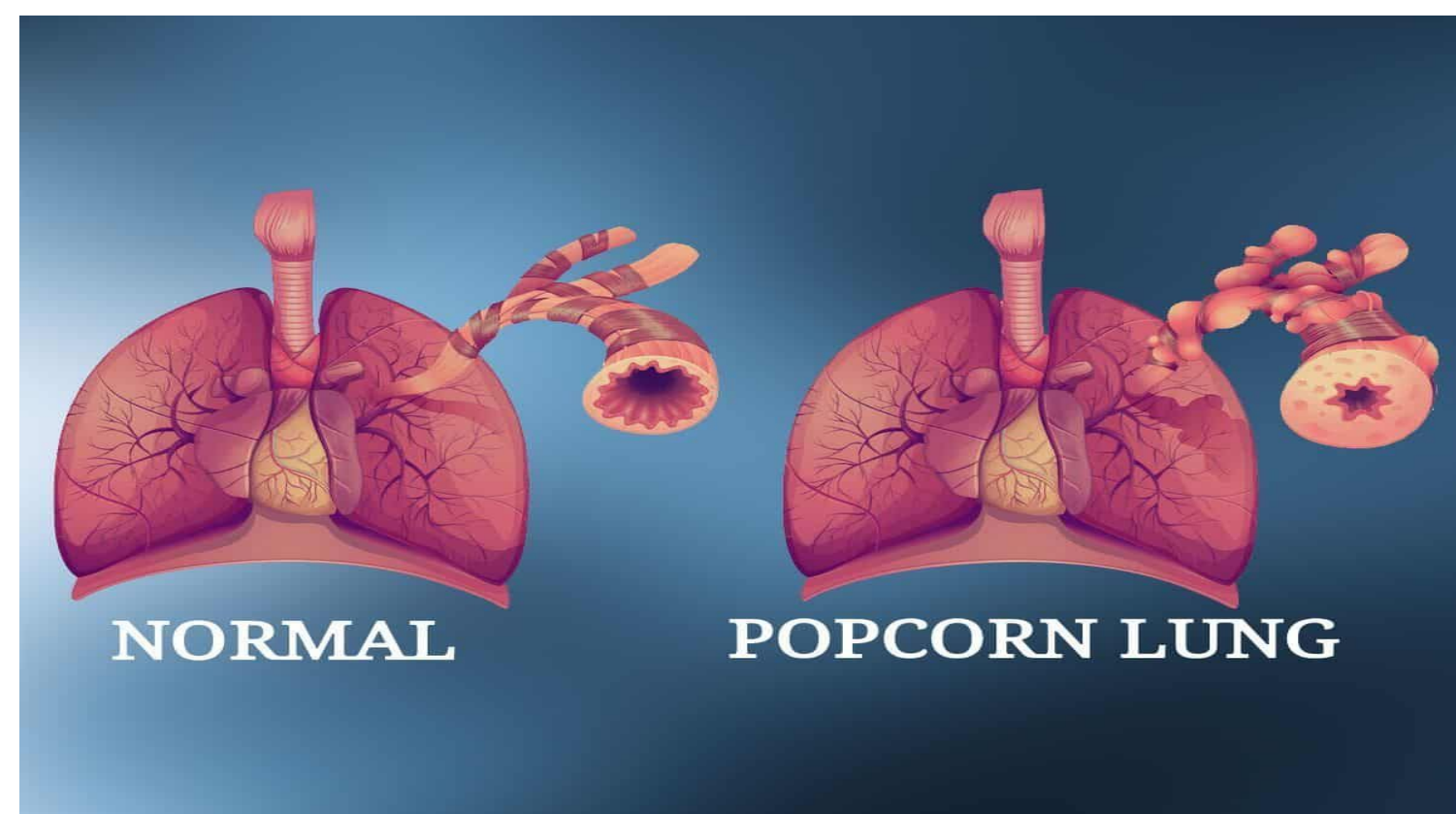


A Glance at Electronic Cigarettes

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Effects on Lungs

- The CDC has recently given vaping related illnesses an official title, EVALI.
- Many EVALI cases that have been seen are related to THC and Vitamin E acetate being administered through the device.
- According to one study, one is at a 30% higher chance of developing lung disease than non-users.
- Carcinogens have been found in E-Cig ingredients, in addition to small toxic particles that the lungs have a difficult time filtering.



Effects on Brain: Youth Specific

- The most common way that youth intake nicotine is through E-cigs.
- Nicotine use on the adolescent brain can cause addiction tendencies and harms the developing brain.
- One article states “In the case of youth who would not likely otherwise smoke or use nicotine in any form, vaping offers no benefits and introduces potential harms of nicotine dependence and a possible transition to combustible product”.

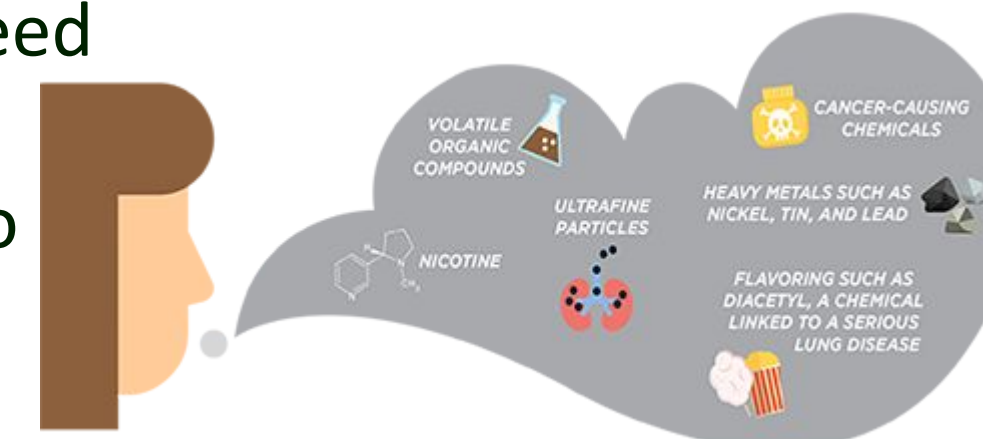
What Are They?

- E-cigs are “battery-operated devices that people use to inhale aerosol, which typically contains nicotine, flavorings, and other chemicals.”).
- Their intended purpose were to be an alternative for current smokers or serve as a step on the journey to quit smoking.
- There are different types of E-Cigs, and some have fruity flavors, and can be used to administer drugs such as THC.



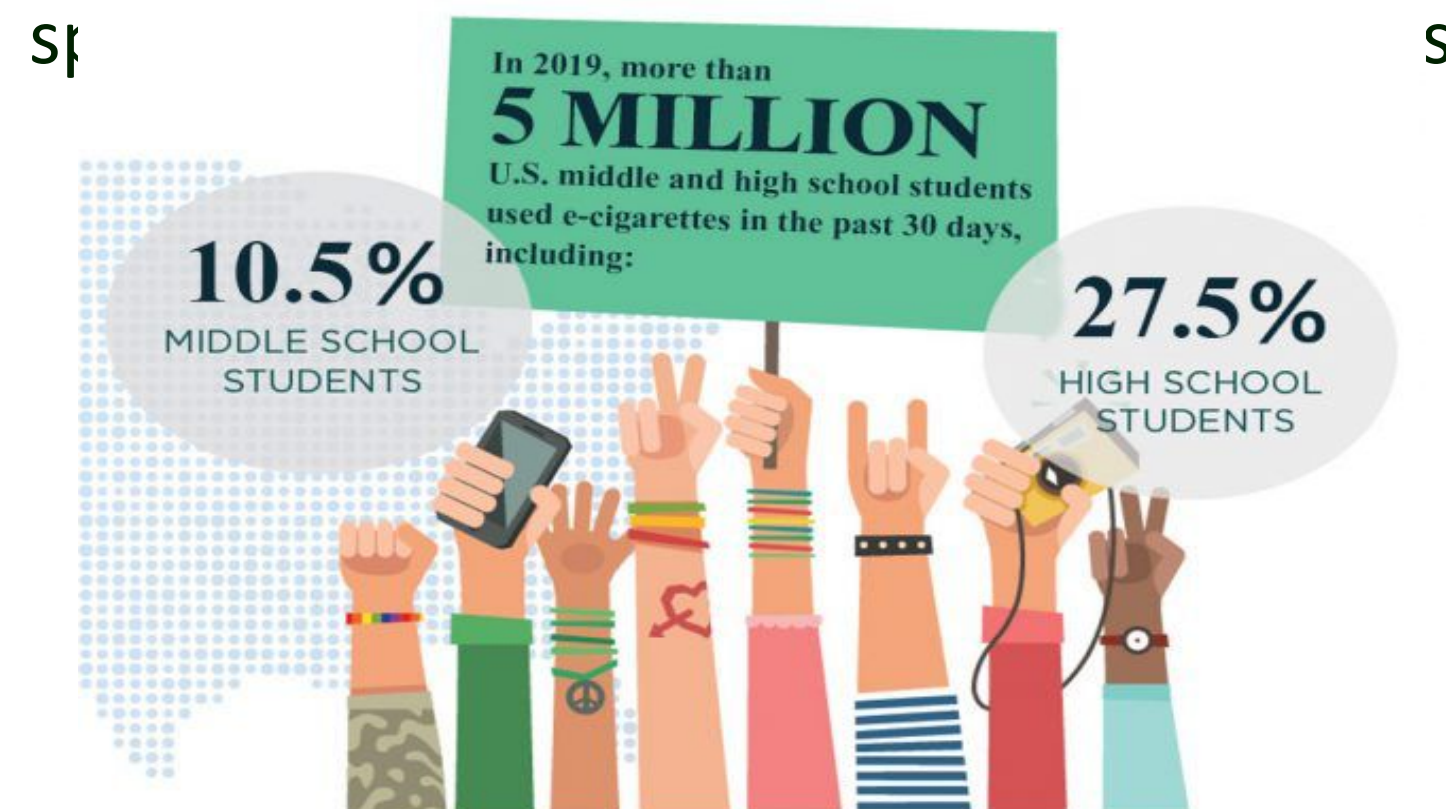
Recommendations

- It is imperative that those who are non smokers do not begin the use of these products.
- If one is a smoker and wishes to transition to E-Cigs, then they must proceed with caution and not solely rely on them to quit.



Why is This Issue Important?

- As of February 18, 2020, there have been 2,807 hospitalized cases of EVALI, some which have led to 68 confirmed deaths.
- There is not sufficient data that can accredit E-cigs to helping smokers quit, nor is there long term health effects data because the devices haven't been around for enough time.
- It is important that the general population become aware of the risks of these products, and that their use does not continue to be



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