

**Nurse’s Nook**

**Pearl Lower Elementary – January**

**Aly Weems, School Nurse**

**![C:\Users\atweems\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0GQ5S7SN\CAUTION[1].jpg]()** **Negative Side of E-cigarettes and Vaping** ![C:\Users\atweems\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\Z3Y2ML6A\Warning[1].gif]()

Electronic cigarettes, or e-cigarettes, are a popular new tobacco product that have still largely unknown public and individual health effects. In fact, you may be surprised to learn that e-cigarettes are entirely unregulated by the U.S. Food and Drug Administration (FDA). Because of this, there are no safety checks or requirements for what can go into an e-cigarette. The American Lung Association is concerned about the potential health consequences of e-cigarettes.

**Poisoning Concern**- Large doses of nicotine have a potential for poisoning, with symptoms beginning with nausea and vomiting in cases of acute toxicity and progressing to seizures and respiratory depression in cases of severe nicotine poisoning.

**Second-hand Emissions from E-cigarettes-** Two initial studies have found formaldehyde, benzene and tobacco-specific nitrosamines (all carcinogens) coming from those secondhand emissions. There is no evidence that shows e-cigarettes emissions (secondhand aerosol) are safe for non-users to inhale.

**Youth and E-cigarettes**- Youth are using e-cigarettes at increasing and alarming rates. The tobacco industry aggressively markets e-cigarettes to youth, glamorizing e-cigarette use in advertisements and offering e-cigarettes in candy flavors such as bubble gum and gummy bears.

**Popcorn Lungs**- The disease causes scarring in tiny air sacs in the lungs that lead to excessive coughing and shortness of breath. This damage is irreversible.

**Bottom Line-** Without regulation by the FDA and despite being on the market for several years, there still is a lot we do not know about e-cigarettes. Initial tests have found e-cigarettes contain varying levels of the addictive substance nicotine as well as cancer-causing chemicals, such as formaldehyde.

* If you or a loved one needs help quitting, you can call 1-800-QUITNOW or 1-800-784-8699!