[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=dyXkjpQhp5ShHM&tbnid=jBVsIT9YeoKk7M:&ved=0CAUQjRw&url=http://www.dcs.k12.oh.us/site/Default.aspx?PageID=371&ei=6hcvUrSSFIna8wSY-ICwBg&bvm=bv.51773540,d.eWU&psig=AFQjCNG-BO4QJ-py6cplfZ-oBAeKnmDwqA&ust=1378904351425923)

**Nurse’s Nook**

**Pearl Lower Elementary – January**

**Aly Weems, School Nurse**

**** **Negative Side of E-cigarettes and Vaping** 

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!