



# VAPING

## WHAT'S REALLY GOING ON?



**Dangerous to All  
-But MORE to Teens!**

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### HERE'S HOW A SINGLE SESSION OF VAPING CAN HURT YOUR LUNGS

Researchers are learning how vaping e-cigarettes can cause lung damage.

- One vaping session can result in changes in blood flow.
- Researchers worry vaping can lead to hardening of arteries over time.
- Vaping remains most popular with young people under 30.



## IS VAPING BAD FOR YOU? AND 12 OTHER FAQs

Vaping has risks, regardless of what you vape. Although it's less risky than smoking cigarettes, the safest option is to avoid vaping and smoking altogether.

Effects on heart	Effects on lungs	Effects on teeth and gums	Other physical effects	Vaping vs. smoking	Vaping vs. Juuling
With vs. without nicotine	Marijuana and CBD oil	Fluid flavor	Ingredients to avoid	How to minimize side effects	For more go to <a href="https://www.healthline.com">healthline.com</a>

This guide supports health care providers, systems, and communities seeking to prevent vaping. It describes relevant research findings, examines emerging and best practices, identifies knowledge gaps and implementation challenges, and offers useful resources.



## E-CIGARETTES

### EVIDENCE ON HEALTH IMPACTS

**A GATEWAY TO SMOKING**  
**3x** Non-smokers who vape are three times as likely to take up regular smoking as non-smokers who don't vape.

**SMOKING CESSATION UNCLEAR**  
Evidence that e-cigarettes are effective for smoking cessation is limited. Most smokers who use e-cigarettes continue to smoke.

**CAUSES INJURY**  
Impacts include poisoning, seizures, burns, and lung disease.

**HARMFUL TO THE ENVIRONMENT**  
E-cigarettes contain single-use plastics & lithium batteries, cause pollution & can start fires.

**Australian National University**  
Source: [https://nceph.anu.edu.au/research/projects/health-impacts-electronic-cigarettes#health\\_outcomes](https://nceph.anu.edu.au/research/projects/health-impacts-electronic-cigarettes#health_outcomes)

## E-CIGARETTES ARE HARMFUL AND ADDICTING YOUTH.

(REPORT: ANU)

The major review found use of nicotine e-cigarettes increases the risk of a range of adverse health outcomes, particularly in youth, including taking up smoking, addiction, poisoning, seizures, trauma and burns and lung injury.

"We reviewed the global evidence in order to support informed choices on vaping for Australia," lead author Professor Emily Banks from the ANU National Centre for Epidemiology and Population Health said.

"The evidence shows e-cigarettes carry significant harms. Nicotine is a key ingredient and one of the most addictive substances known. Vaping is causing addiction in a new generation of users.

"Young non-smokers who vape are around three times as likely to take up smoking than non-vapers. Nicotine use in children and adolescents can lead to lifelong addiction issues as well as difficulties in concentration and learning. Vaping is also illegal if it isn't on prescription."

The report found early warning signs of adverse effects of e-cigarettes on cardiovascular health markers, including blood pressure and heart rate, and lung functioning.

"The evidence is there for some of the risks but for most major health outcomes, like cancer, cardiovascular disease and mental illness, we don't know what the impacts of e-cigarettes are. Their safety for these outcomes hasn't been established," Professor Banks said.

"There are myths targeting young people; the false ideas that vapes wouldn't be widely available if they were dangerous and 'it's just water vapour'.

"Vapes deliver hundreds of chemicals - some of them known to be toxic and many others with unknown effects.

"In Australia, over two million people have used e-cigarettes. Use is more common among youth, particularly young males, and among smokers and the majority is not for the purposes of smoking cessation."

The report found more than half, 53 per cent, of current e-cigarette



use in Australia is by people who also smoke, 31.5 per cent is by past smokers and 15.5 per cent is people who have never smoked.

"The report found limited evidence that nicotine e-cigarettes were effective to help people quit smoking in the clinical setting," Professor Banks said.

"Most people who quit smoking successfully do so unaided.

"E-cigarettes are likely to be harmful for non-smokers and for people who use them while continuing to smoke - the commonest use pattern currently.

"E-cigarettes may be beneficial in the small number of smokers who use them to quit smoking completely and promptly, but there is a huge uncertainty about their effectiveness and the overall balance of risks and benefits for quitting."

The report supports national and international efforts to avoid e-cigarette use in the general population, particularly in non-smokers and youth.

"Our young people have been through a lot and they deserve the best future possible," Professor Banks said.

"The evidence is in that avoiding e-cigarettes should be part of that."

Source: <https://www.anu.edu.au/news/all-news/e-cigarettes-are-harmful-and-addicting-youth-report>

## CHILD VAPING 'SKYROCKETING'

"A single 30-minute vaping session can significantly increase cellular oxidative stress. Middlekauff et al demonstrated that vaping is associated with adverse changes in the body that can presage future health problems."

Source: <https://jamanetwork.com/journals/jamapediatrics/article-abstract/2782800>



## Vapes in Australia – What's in Play: A National Drug Educators Experience.

Overwhelmingly what we are seeing in the schools right now is predominantly Nicotine based Vapes or Nicotine containing vapes that are not listed on the packaging to circumvent the Federal Govt ruling on any Vape product with Nicotine in it must have a prescription.

Nicotine Poisoning (Nic Sic) is a real issue within our schools.

Vapes are being sold to children at corner shops with no identification required and no prescriptions. They believe it's just sweet flavoured nothingness that looks cool with the tricks, shapes and veritable fruit salad of flavours available to them.

Active promotion via Social Media to our youth is promoting hiding your use behind the back of your teacher/parent, Vaping in unauthorised areas using deceptive techniques (Stealth Vaping), myths around contents in Vapes & health benefits (especially mental health) and also encouragement to Hack the vapes themselves and create their own bespoke e-juice.

Items Youth listen to:

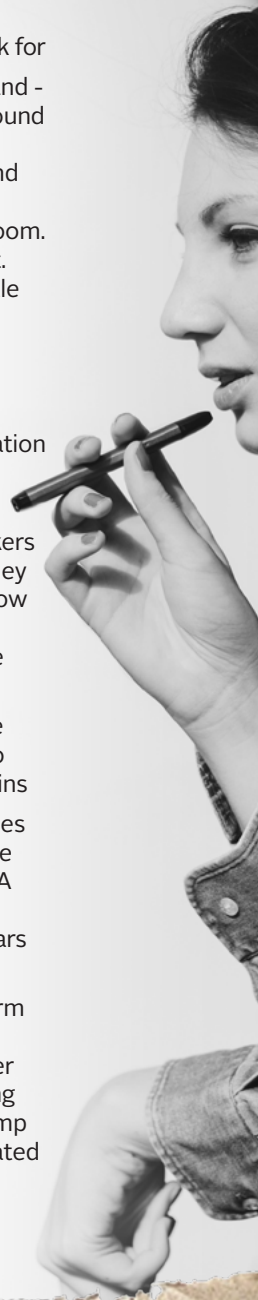
- Actual ingredients found in Vapes and what physical damage these cause EVALI, e-cigarette & vaping acquired lung injury being one. Thus far the reports I have seen on Australian youth lung injuries has been due to Nicotine based Vapes not THC - however Jan's Lung Specialist that she has coming up in a DACA Webinar on Vaping may have more up to date information from behind the medical curtain than what limited information we see through media.
- Disposable Vapes have incredibly high levels of Nicotine in them
- Mental Health impacts - Vapes are being promoted to our youth to help them with their Anxiety & Depression (does this sound like Cigarettes story with health professionals) especially to young girls. So many nod their head when I ask them if they've heard that being spoken of amongst friends or on Social media, a few weeks ago a large percentage of Grade 5 & 6 girls told me they had heard this - Dakota Stephenson's example here in Australia in Oct 2021 shows how that ends up. Complete opposite with lung damage thrown on top for good measure at 16

- Symptoms - Nicotine Poisoning & EVALI - what to look for
- Second Hand & Third Hand Vaping (especially 3rd Hand - carcinogenic substances like Formaldehydes being found on clothing, bathrooms etc) when they realise they are vaping around their friends that are not vaping and understand the health impacts which to a degree are next level on Cigarettes it gets very real in the classroom. I have many coming up talking to me about this point. They genuinely don't want to hurt their friends or little brothers & sisters.
- Who is behind Vaping products - follow the money - marketing strategies - Juul is a fantastic example - They are a commodity to BIG TOBACCO & now BIG MARIJUANA (if they are actually different the correlation is they are one and the same - ALTRIA is just one example)
- Vaping is NOT an effective cessation device for smokers - think the Cigarette companies didn't know that? They stated Nicotine wasn't addictive publicly! Well we know the sad truth about that More and more research is proving this everyday - Adolescents are 7 times more likely to take up smoking if they Vape
- How to quit - our young people are addicted to these products, the Nicotine and the Habit forming Hand to Mouth - rewiring of their reward systems in their brains

I understand the mentality behind prescription only Vapes - its managing the damage methods. Cities in the US are trying to ban them or in fact are banning them. The FDA has JUUL in their sights if they can bring this one down then that sends a big message, but reality it will take years before any real change probably happens here.

Vapes are Addictive no matter what's in them. They harm people no matter what's in them. They are a delivery device purely aimed at producing a whole new Customer base targeted predominantly at youth and they are doing a stellar job at it. Mass producing customers that will jump on board with whatever liquid product their brand affiliated company offers them, Nicotine, THC, CBD, LSD, GHB, Ketamine etc.

Tanya Cavanagh  
Executive Director of Not Even Once ®



## VAPING MESSES WITH YOUR GENES & IMPACTS IMMUNITY.

"Our study, for the first time, investigates the biological effects of vaping in adult e-cigarette users, while simultaneously accounting for their past smoking exposure. Our data indicates that vaping, much like smoking, is associated with dysregulation of mitochondrial genes and disruption of molecular pathways involved in immunity and the inflammatory response, which govern health versus disease state..." Ahmad Besaratinia, PhD, Professor of research population and public health sciences at Keck School of Medicine. **Full Research:** <https://www.nature.com/articles/s41598-021-01965-1>

## VAPING ANYTHING IS BAD – CBD VERY MUCH INCLUDED!

(US military have a blanket ban on vaping CBD products)

"Depending on the temperature and atmosphere, 25–52% of CBD was transformed into other chemical substances:  $\Delta^9$ -THC,  $\Delta^8$ -THC, cannabidiol and cannabichromene were the predominant pyrolysates in both conditions, all formed by cyclization reaction. THC was the main pyrolysis product at all temperatures under both oxidative and inert conditions.

**Our results point out that CBD in e-cigarettes can be considered as a precursor of THC, thus it bears all the dangers related to this psychoactive compound.** Our findings are fundamental contributions to the safety profile of CBD-based e-cigarettes." Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8076212/>



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