

Dangers of Vaping and Snus

Why e-cigarettes and Snus is dangerous

What is vaping?

- E-cigarettes are electronic devices that heat a liquid and produce an aerosol, or mix of small particles in the air.
- E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.
- Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items. Larger devices such as tank systems, or “mods,” do not look like other tobacco products.
- E-cigarettes are known by many different names. They are sometimes called “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems (ENDS).”
- Using an e-cigarette is sometimes called “vaping.”

How does a vape work?

- E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine, flavorings, and other chemicals that help to make the aerosol.
- The liquid used in e-cigarettes often contains nicotine and flavorings. This liquid is sometimes called “e-juice,” “e-liquid,” “vape juice,” or “vape liquid.”
- Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air.
- E-cigarette devices can be used to deliver marijuana and other drugs.

Health effects of nicotine

Short term:

- dizziness
- headache
- nausea
- abdominal cramps
- possibly vomiting or weakness

Regular use leads to:

- coughing
- dizziness, headaches
- bad breath and tooth decay
- tingling and numbness in fingers and toes
- reduced appetite, stomach cramps and vomiting



Mouth Sores



Vomiting



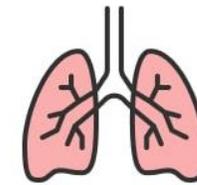
Heartburn



Weakness



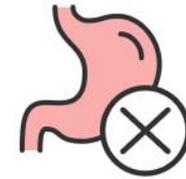
Stroke



Lung Cancer



Tooth Decay



Stomach Ulcer

Long term effects of nicotine

Regular use of tobacco products which contain nicotine have well documented negative effects on health and is recognised as a major preventable cause of premature death and disability.

Use of nicotine may eventually cause the following types of chronic disease and issues:

- cancer
- stroke
- blindness, cataracts (eye diseases)
- periodontitis (yellowing teeth, gum disease)
- aortic aneurism (enlarging of major blood vessels) and coronary heart disease
- pneumonia
- various respiratory diseases (shortness of breath, asthma, coughing fits)
- diabetes
- reduced fertility
- hip fractures
- male sexual dysfunction
- rheumatoid arthritis
- reduced immune function (regular colds and flu)
- overall diminished health (ageing, back pain, slower healing wounds, mood swings)

What is JUUL?

- JUUL is a brand of e-cigarette that is shaped like a USB flash drive. Like other e-cigarettes, JUUL is a battery-powered device that heats a nicotine-containing liquid to produce an aerosol that is inhaled.
- All JUUL e-cigarettes have a high level of nicotine. According to the manufacturer, a single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes.
- Approximately two-thirds of JUUL users aged 15 – 24 do not know that JUUL always contains nicotine.



What is an elf bar?

- An Elf Bar is another brand of vape or e-cigarette.
- Each bar contains the equivalent of 40- 50 cigarettes.
- They are very addictive and can cause serious health issues.



Why is vaping dangerous?

- Most e-cigarettes (vapes) contain nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products.
- A study found that 99% of the e-cigarettes sold in assessed venues contained nicotine.
- Some vape product labels do not disclose that they contain nicotine, and some vape liquids marketed as containing 0% nicotine have been found to contain nicotine.
- E-cigarette aerosol isn't harmless water vapour – It can contain toxic chemicals and metal.



Why is vaping dangerous?

- Nicotine can harm the developing adolescent brain. The brain keeps developing until about age 25.
- Using nicotine in childhood can harm the parts of the brain that control attention, learning, mood, and impulse control.
- Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people’s brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.
- Using nicotine in childhood may also increase risk for future addiction to other drugs.



What are other reasons vaping is dangerous?

- Scientists are still learning about the long-term health effects of e-cigarettes.
- Some of the ingredients in e-cigarette aerosol could also be harmful to the lungs in the long-term. For example, some e-cigarette flavourings may be safe to eat but not to inhale because the gut can process more substances than the lungs.
- Defective e-cigarette batteries have caused some fires and explosions, a few of which have resulted in serious injuries.
- Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes. Nationally, approximately 50% of calls to poison control centres for e-cigarettes are for kids 5 years of age or younger.



What are other reasons vaping is dangerous?

- E-cigarette aerosol is NOT harmless “water vapour.”
- The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances, including:
 - Nicotine
 - Ultrafine particles that can be inhaled deep into the lungs
 - Flavourings such as diacetyl, a chemical linked to a serious lung disease
 - Volatile organic compounds
 - Cancer-causing chemicals
 - Heavy metals such as nickel, tin, and lead¹
- The aerosol that users inhale and exhale from e-cigarettes can expose both themselves and bystanders to harmful substances.
- It is difficult for consumers to know what e-cigarette products contain.

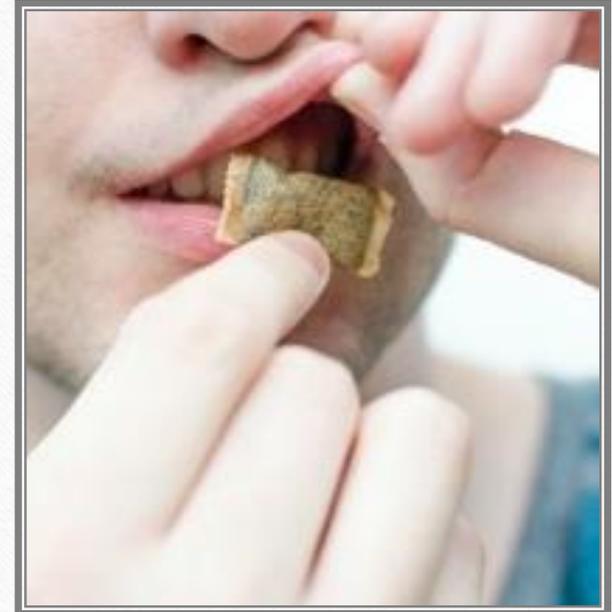
What is Snus?

Snus -- pronounced "snoose," like "loose" -- is a smokeless, moist powder tobacco pouch from Sweden that you place under your top lip. It comes in flavours such as mint and wintergreen.

Snus does contain nicotine, so it's addictive -- you can get hooked on it.

Smokeless tobacco products also deliver more nicotine and nitrosamines than cigarettes.

Snus products still contain thousands of chemicals. They still contain nicotine. They're addictive, and they affect the cardiovascular system and increase the risk of cancer.



Dangers of Snus

Some people believe smokeless tobacco is OK because it does not cause health problems from smoke and smoking. This does not make smokeless tobacco safe. Smokeless tobacco delivers more nicotine than cigarettes, making addiction more likely. There are also direct effects of smokeless tobacco on the mouth.

- Bad breath. Smokeless tobacco can give you really bad breath and discoloured teeth. This will not help anyone's social life.
- Dental problems. Smokeless tobacco's direct and repeated contact with the gums causes the gums to recede and become diseased, leading to loose teeth. Many forms of smokeless tobacco also contain sugar. This mixes with the plaque on the teeth to form acid that eats away at tooth enamel to cause cavities and chronic painful sores.
- Cancer. Cancer of the mouth (including the lip, tongue, and cheek) and throat can occur most often at the spot in the mouth where the tobacco is held. Surgical removal of cancer is often needed, and parts of the face, tongue, cheek, or lip must often be removed too.
- Leukoplakia. A white, leathery-like patch called leukoplakia may form in the mouth. The patches vary in size and shape and can become cancerous. If you have a patch in your mouth, your doctor should examine it right away.



What is the law?

- Vaping is the same as using drugs. It contains the same drugs as a cigarette.
- You need to be 18 or over to smoke cigarettes or vapes.
- Consumption of any tobacco product is harmful. Oral tobacco, or snus, is banned in the United Kingdom under the Tobacco and Related Products Regulations 2016.
- It is illegal to sell nicotine vaping products to anyone under 18 or for adults to buy them on behalf of under-18s. If you find a retailer selling either nicotine vapes or tobacco products to under-18s, you can report a retailer to local authority Trading Standards via the Citizens Advice online portal.

