

# E-cigarettes, what are they and why you should be concerned?

One of the growing trends amongst young teenagers is the fad of e-cigarettes. The plume of vapour seen from afar is the first clue. As one gets closer the smell of Vanilla, Cotton Candy, Cinnamon Funnel Cake, Honey Dew Melon, or Berry Blast hits your nostrils. The scent lingers in the air and is extremely obvious to the casual observer. This fad among teenagers is quite prevalent and has the same addictive qualities as traditional cigarettes. E-juice is sold in the bottle and can range in volume and price. 15 ml will cost \$13 while the 60 ml can cost as much as \$60. Nicotine content can vary in e-juice but can be as high as 25%.



Vaporizers have been banned from schools; however, several are confiscated each month. They come in different shapes, sizes, and colours and can range in price from \$50 - \$300. Although mainly designed for nicotine products higher end models have the ability to handle Marijuana concentrates.

The Juul vaporizer looks like a USB flash drive. It even charges when plugged into a laptop. It is small enough to fit inside an enclosed hand. **One Juul pod contains as much nicotine as a pack of cigarettes**, and comes with flavors like crème brulee, mango and fruit medley.



The Aspire Breeze is another vaporizer that has been confiscated on school grounds and is small enough to fit into an enclosed hand. Both the Juul and the Breeze are easy to conceal and emit very little vapour. Lastly, students have been found in possession of the Nicorette Spray. The spray is dispensed under the tongue providing students with an instant hit of nicotine. Students have reported that three blasts of the spray is the maximum dose. The spray can be purchased from most drug stores at a cost of approximately \$35.



**Health Effects of Nicotine and E-cigarettes**— New studies report that E-cigarette vapor contain dangerous levels of toxic metals including lead, chromium and manganese. These substances raise the risk of cancer, heart disease and brain damage. Nicotine found in the Vape Juice is **highly addictive** and adversely affects the heart, reproductive system, lungs and kidneys. Immediate effects are increase in pulse rate, blood pressure and increased rate of respiration.