

Vape and marijuana use

There is a decline of cigarette smoking among young people, but an increase in other tobacco products. The use of these tobacco products, including combustible cigarettes and e-cigarettes, seems to lead to marijuana use.

Nicotine changes the brain and enhances the pleasure experienced from subsequent drug exposures. The changes in the airway from hookah smoking and e-cigarette vaping could also make smoking and vaping marijuana easier because of decreased sensitivity to irritation.

Nicotine exposure might lead to changes in the central nervous system that predisposes teens to dependence on other drugs of abuse. Teens had about 3.5 times greater likelihood of using marijuana in the previous two years for each additional tobacco product used, the study found.

JUUL flavors



How bad is nicotine, really?

Smoking cigarettes, kills 6 million people every year. Cigarette smoke contains chemicals, including 250 that are toxic. Including heavy metals, carbon monoxide, and hydrogen cyanide.

40 percent of the deaths related to smoking are from cardiovascular disease. Nicotine can make your heart race and temporarily boost blood pressure.

Nicotine is one of the most addictive substances available in a consumer product. Depression, anxiety, irritability, hunger, weight gain—all of those are symptoms of nicotine withdrawal. So why introduce an addiction into your life that is going to deprive you of choice?

The same things that make the JUUL device attractive for smokers also raise concerns about non-smokers getting hooked.



Since its introduction about two years ago, the JUUL has become one of the hottest e-cigarettes on the market.

It's been called the "iPhone of e-cigs" and has become extremely popular with teens and young adults.

There is concern among researchers that young people who are not smokers will start using e-cigarettes because they think they're harmless.

Since e-cigarettes like the JUUL contain nicotine, they're actually highly addictive.

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Flash Drive or Vape Pen?



What is the JUUL?

It's a rechargeable battery-operated e-cigarette, or e-cig, that converts liquid into a vapor, which you inhale. Each puff you take delivers a strong dose of nicotine, so they can become just as addictive as traditional cigarettes.

The bottom part, or device, contains the battery and is charged using a USB charger you can pop into your laptop. The top part is the e-liquid cartridge, or "JUUL pod," that you stick into the device; it is also the mouthpiece.

What's in the e-liquid?

JUUL pods contain glycerol and propylene glycol, benzoic acid, nicotine and flavorants. Little is known about the health effects of inhaling these substances, but the nicotine content is high—each pod is roughly equal to one pack of cigarettes, or 200 puffs. JUUL pods deliver twice as much nicotine as other vaping products.

Where do teens buy them?

The minimum age to buy these devices is 18. However, teens are able to purchase them on e-bay or at local convenience stores or gas stations. The device costs \$35-\$50, and a 4-pod package is \$16.

What is the attraction?

Teens like the discreet design—it looks like a flash drive, making it easy to hide. E-liquid flavors, such as cool mint, fruit medley and mango, taste—and smell—yummy.



What's REALLY in that Pod?

Vaping devices used to ingest marijuana are nearly indistinguishable from the nicotine vapes.



Marijuana vaping pods contain oils that have the same active ingredients, including THC, found in leaf marijuana. One major concern is the potency of these oils: leaf marijuana THC levels average 15%. The THC levels in oils that are vaped may approach 90%.

Marijuana oils have little odor—making them harder for parents to detect.

E-cigarettes, or vaping devices, are still relatively new, so there hasn't been enough time to study the long-term effects of inhaling these vapors.

However, we do know that nicotine is highly addictive and can affect brain development—especially in young people. Some research shows that using a vaping device increases the user's risk of cigarette smoking fourfold.



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Other Popular Devices



"Nicotine is very dangerous for kids and teenagers, because their brain is still developing and nicotine is a gateway drug—it primes the brain so things like cocaine and heroin are more rewarding."

—Dr. Harold J. Farber/Baylor College of Medicine