



HOOPA VALLEY TRIBAL POLICE

Vaping Effects Especially Teens

The teen years are critical for brain development, which continues into young adulthood. Young people who use nicotine products in any form, including e-cigarettes, are uniquely at risk for long-lasting effects.

Because nicotine affects the development of the brain's reward system, continued nicotine vaping can not only lead to nicotine addiction, but it also can make other drugs such as cocaine and methamphetamine more pleasurable to a teen's developing brain.

Nicotine also affects the development of brain circuits that control attention and learning. Other risks include mood disorders and permanent problems with impulse control—failure to fight an urge or impulse that may harm oneself or others.

Source: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services.

Adults, Youth, Babies & Elders may be harmed due to the chemicals in E-Cigs.

SOME CHEMICALS IN E-CIGARETTES INCLUDE:

- **ACETALDEHYDE AND FORMALDEHYDE, CHEMICALS THAT ARE KNOWN TO CAUSE CANCER.**
- **ACROLEIN, A WEED KILLER THAT CAN CAUSE IRREVERSIBLE LUNG DAMAGE.**
- **BENZENE, A COMPOUND FOUND IN CAR EXHAUST. LONG-TERM EXPOSURE MAY CAUSE BLOOD PROBLEMS AND CANCER OF BLOOD-FORMING ORGANS, SUCH AS LEUKEMIA.**
- **CADMIUM, TOXIC METAL THAT INCREASES THE RISK OF BREATHING PROBLEMS SUCH AS CHRONIC OBSTRUCTIVE LUNG DISEASE AND EMPHYSEMA. IT'S ALSO FOUND IN TRADITIONAL CIGARETTES.**
- **DIACETYL, CHEMICAL COMPOUND USED TO GIVE FOOD A BUTTERY FLAVOR. STUDIES LINK INHALING IT TO LUNG DISEASE CALLED BRONCHIOLITIS OBLITERANS, ALSO KNOWN AS "POPCORN LUNG."**
- **DIETHYLENE GLYCOL, CLEAR ODORLESS LIQUID WITH A SWEET TASTE TYPICALLY FOUND IN INDUSTRIAL PRODUCTS SUCH AS ANTIFREEZE. IT'S USED AS A BASE IN E-LIQUIDS. IT'S TOXIC AND IS LINKED TO LUNG DISEASE.**
- **NICKEL, TIN, LEAD AND OTHER HEAVY METALS, HEAVY METAL TOXICITY MAY DAMAGE FUNCTIONING OF LUNGS, BRAIN, LIVER, KIDNEYS AND OTHER ORGANS.**
- **NICOTINE, A HIGHLY ADDICTIVE CHEMICAL THAT CAN AFFECT THE HEART AND BREATHING.**
- **PROPYLENE GLYCOL, A CLEAR, ODORLESS LIQUID THAT'S USED AS ANTIFREEZE AND A FOOD ADDICTIVE. IT'S USED AS A BASE IN E-LIQUIDS. IT TURNS TO VAPOR WHEN HEATED BUT MAY PRODUCE PROPYLENE OXIDE, A KNOWN CARCINOGEN.**

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