



Think
vaping
is completely
safe?
Think
again!

#STILLADDICTION

VAPING - A NEW GENERATION OF NICOTINE ADDICTION

THE FACTS:

1. E-cigarettes contain liquid nicotine, a highly addictive chemical that:
 - Raises your pulse and blood pressure
 - Irritates the lungs
 - Increases your risk of a heart attack
2. Research shows e-cigarette vapor contains toxic and cancer-causing ingredients like:
 - Formaldehyde
 - Lead
 - Nickel
 - Diethylene glycol – an ingredient in anti-freeze
3. E-cigarettes are not regulated. There is no way for anyone to know all the chemicals that are in the vapor or how e-cigarettes may affect your health.

THE LAW:

**NJ Smoke-free Air Act prohibits smoking
and the use of electronic smoking devices
in indoor public places.
(NJ:26-3D-55)**

For more information about quitting call
866-657-8677

sft
Smokefree Teen

NEW JERSEY
QUITLINE
1-866-NJ-STOPS

Tobacco-Free
FOR A HEALTHY NEW JERSEY



These programs made possible with funding from the New Jersey Department of Health.



8. Talking with your kids can help.

- Ask them what they know about vaping, e-hookahs and e-cigarettes.
- Let them know that they are not proven safe.
- It's okay to say that you don't want them to smoke or use vaping devices. Talk to them about nicotine and addiction.



If you smoke or use e-cigarettes, the best thing you can do is to quit. But if you cannot stop, talk with your children about what it is like to be addicted.

Have you heard about hookah pens and other types of e-cigarettes? Many young people think they are risk-free.

Look inside to learn more about these devices and to get tips on how to talk with your kids about them.

Center for Prevention & Counseling
61 Spring Street
Newton NJ 07860
973-383-4787
Centerforprevention.org

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

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Vaping and E-Cigarettes

8 Things Every Parent Should Know

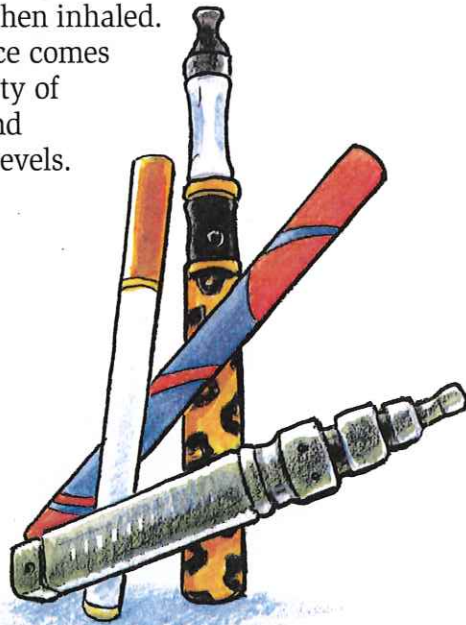


More and more, young people have been trying e-cigarettes, vape pens and hookah pens. Here are eight things you should know about these devices and how they may affect your kids.



1. By any name, all e-cigarettes are the same.

- Some of the many types of e-cigarettes are:
 - ▶ Hookah pens
 - ▶ Personal vaporizers (PVs or vapes)
 - ▶ E-hookahs
 - ▶ Vape pens
 - ▶ Mods
 - ▶ Tanks
 - ▶ E-shishas
- They all use a battery to heat up a liquid, often called e-juice. The vapor from the heated liquid is then inhaled. The e-juice comes in a variety of flavors and nicotine levels.



2. They are drug delivery devices.

- They are sold as a way to get nicotine. Nicotine is an extremely addictive drug.
- Nicotine may affect growing brains. It can affect blood pressure, heart rate and insulin levels.
- Vape pens and other e-cigs are also used to smoke marijuana oil and other drugs.

3. Some do not have nicotine.

- But they are NOT risk-free. Early studies suggest that when heated, the flavors and other chemicals in e-juice may harm the lungs. More studies are being done.
- Vaping has not been proven safe.
- Using a device with no nicotine may lead to using those that do have nicotine or other drugs.

4. They don't always look like cigarettes.

- Some look like colorful or metallic pens, flashlights, bottles or jars.
- Some are worn around the neck.

5. The sweet flavors attract young people.

- Some of the flavors are apple, cherry, banana, chocolate and coffee.
- The flavors can make them seem harmless.

6. The ads target kids.

- The ads make e-cigs seem safe. Some ads use celebrities to make e-cigs look glamorous.
- Ads are often put where teens will see them – on Facebook, on teen sites, on TV and in magazines.

7. E-cigs could mean trouble at school.

- Many schools now treat e-cigs – including hookah pens – like tobacco and other drugs. Kids may be suspended or expelled for having them at school.





You are receiving these emails because you are contracted with the Bergen County Department of Health Services. Please review these events and programs offered by organizations in Bergen County:

Theurer Cancer Center at Hackensack University Medical Center. The evening's topic is "Knowing Your Family's Cancer Risk." The event is part of a series of complimentary community talks.

Dr. Elizabeth Jewell, Director of Surgery at MSK Monmouth and MSK Basking Ridge, and Dr. Deena Mary Atieh Graham, Breast & Gynecologic Medical Oncologist at John Theurer Cancer Center at Hackensack University Medical Center, will lead an interactive community talk addressing topics including an overview of cancer and genetics, genetic testing and counseling, available preventive treatments and resources available to patients and families through the MSK – HMH Partnership.

The conversation, which will include an audience Q&A at the end, will be moderated by Joanna Gaggis, host of *Life and Living*, NJTV.

Attached is a promotional flyer. Please network to your personal and professional contacts.

Formed in 2016, the Memorial Sloan Kettering (MSK) – Hackensack Meridian Health (HMH) Partnership combines the expertise of two world-class organizations to work toward more cures for cancer and increase patient access to the highest-quality cancer care available. Ultimately, the Partnership will develop new standards of cancer care and open joint treatment facilities.

To learn more about the Partnership or register for the event, please visit <http://www.MSK-HMHPartnership.org/>.

Special thanks to Joanne Wendolowski, MS, RN, BC, Public Health Nurse Supervisor, Health Awareness Regional Program, Hackensack Meridian at Hackensack University Medical Center, for apprising us of the "Cancer Science Today" series.

Be well.

Al



Coalition for a Healthy NJ: New Jersey Prevention Network

Smoke-Free Parks

**Does your municipality have 100%
Smoke-Free Park Ordinances?**

**If not, the Bergen County Department of Health Services
can provide signage (FREE of charge).**

**Please contact the Health Promotion team at
healthpromotion@co.bergen.nj.us or call (201) 956-3476.**

The supporting attachments will be included in the same email. Please contact healthpromotion@co.bergen.nj.us if you would like to promote your programs or events.

Please contact us if you would like to be removed from our mailing list.

Thank you.