

Talking Points – E-Cigarettes, Vaping, and Hookah

Slide 1: Title – E-Cigarettes, Vaping and Hookah

Slide 2: What is it?

Talking Points:

- Upon addressing each device refer to the corresponding picture.
- Explain that *vapor* is the liquid chemical mixture that is inhaled from an e-cigarette.
- *Vaping* is associated with e-cigarette use while hookah is still considered smoking. Disposable *hookahs and/or e-hookahs* are just another way of saying e-cigarettes and shouldn't be confused with traditional hookah apparatus and/or smoking

Slide 3: Is it harmful?

Talking Points:

- The vapor from e-cigarettes and hookah ***may*** contain fewer chemicals than tobacco smoke, but the vapor is not pure water vapor. E-cigarette vapor contains many chemicals, some of which are the same as those found in cigarette smoke.
- The vapor inhaled from e-cigarettes contains many chemicals and additives. The various properties of the vapor can cause permanent lesions in the lungs, resulting in shortness of breath, coughing, and can lead to the same health consequences as tobacco smoke.
- Popcorn Lung got its name because factory workers who worked for a company that made popcorn would inhale the fumes from the popping processes. The side effects of vaping are very similar to those in the factory. The fumes can cause lesions and other health complications.
- Some people have tried using e-cigarettes in attempt to quit smoking cigarettes, but they are not meant to be a “safer” or “less harmful” replacement for cigarettes.

Slide 4: Hookah

Talking points:

- Hookah is not safer than smoking cigarettes; hookah is just as harmful and addictive.
- You can potentially absorb more nicotine during a hookah session than a two pack a day smoker.
- Any form of hookah like water pipes or hookah sticks may cause the same health consequences and nicotine addiction as smoking cigarettes.

Slide 5: The Dirty Truth About E-cigs - Video

- Click on play triangle to start. Video run time 2:43

Slide 6: “Anyone can buy it, so it can’t be as bad”

Talking Points

- The FDA now regulates e-cigarettes like tobacco products. ⁵
- Banning the sale of e-cigarettes to all people under the age of 18. ⁵
- Prior to 2016, the manufacturing and use of e-cigarettes was not regulated by the FDA. As of July 2016, e-cigarettes were regulated by the FDA and treated like any other tobacco product. A person must be over 18 years of age to purchase an e-cigarette in the United States and manufacturers must submit their chemical composition.

Slide 7: On More Time!

Talking Points

- E-cigarettes and Hookahs may appear to be safer, but the vapor does contain many additives and chemicals that can cause addictive and harmful consequences.
- E-cigarettes are relatively new in the grand scheme of tobacco products, so we still do not know their health effects and consequences.
- Many teens and young adults find themselves smoking e-cigarettes or hookah in social situations; be mindful of your surroundings and avoid situations in which you would be likely to use one of these devices. Don’t become a victim of peer pressure. Just say no.

Slide 8: Thank You

- Contact Information

References:

1. “E-Cigarettes: What Vaping Does To Your Body”. *Live Science*. N.p.,2016. Web. 16 Aug. 2016.
2. “What Is Hookah And Is It A Safe Way To Smoke Tobacco?”. *Verywell*. N.p., 2016. Web. 16 Aug. 2016.
3. “Chemical Linked To ‘Popcorn Lung’ Found In Flavored E-Cigarettes”. Laboratory Equipment. N.p., 2015. Web. 16 Aug. 2016.
4. “The Dirty Truth About E-Cig”. *YouTube*. N.p., 2016. Web. 16 Aug. 2016.
5. “Vaporizers, E-Cigarettes, And Other Electronic Nicotine Delivery Systems (ENDS)”. *Fda.gov*. N.P., 2016. Web. 16. Aug. 2016.