

# The Vaping Crisis

Critical Information for Parents & Students



Retreat  
Behavioral Health



**HAVE A QUESTION? : TEXT 561-318-0283 OR FACEBOOK HASHTAG #EscapeTheVape**

# HOUSE KEEPING ITEMS



**PLEASE HOLD ALL QUESTIONS FOR THE PANEL Q&A.**

**HAVE A QUESTION?**

**TEXT ANYTIME DURING TONIGHT'S EVENT**

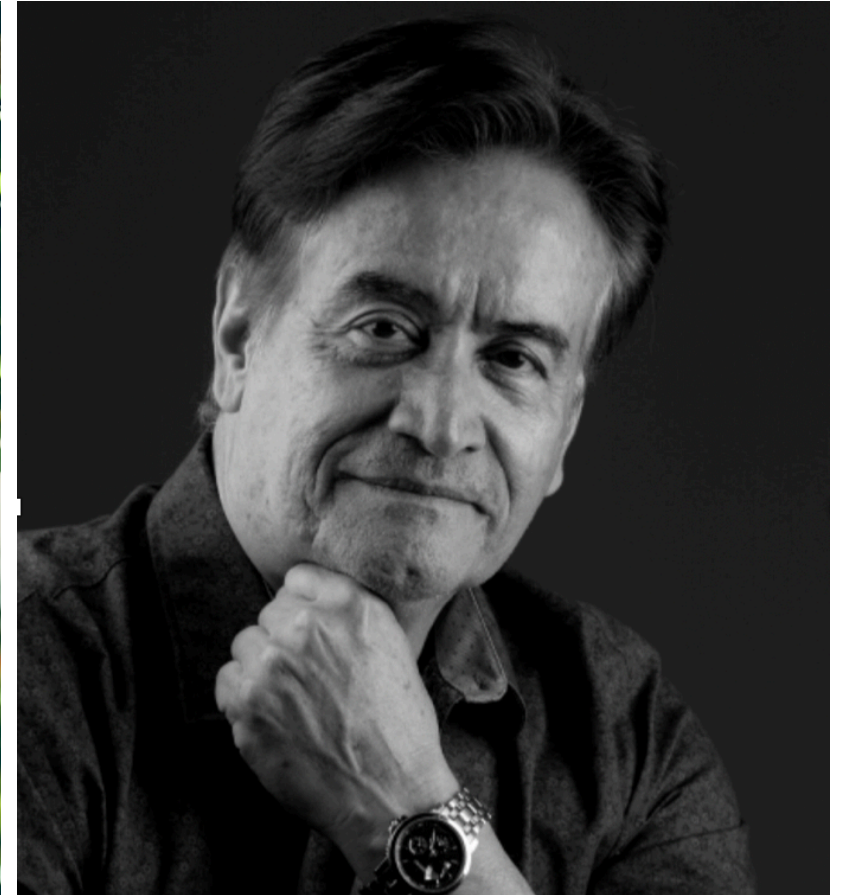
**561-318-0283**

**OR FACEBOOK HASHTAG #EscapeTheVape**

# OUR PRESENTORS



Dr. Aldo Morales, MD FASAM



Dr. Maurice Cruz, MD FAAP

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Dr. Maurice Cruz,  
MD FAAP

*Pediatric  
Pulmonologist*



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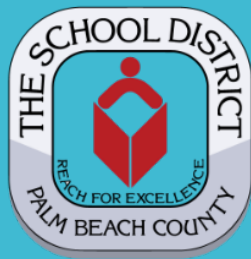


# What Is Vaping?



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# What Do They Look Like?



## Types of vape pens



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# What is in Vape Juice?



E-Liquid is made up of four basic ingredients

- **Water**
- **Nicotine**
- **Flavorings**
- **Propylene glycol or vegetable glycerin** base (sometimes a mix of both)

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## Other Ingredients



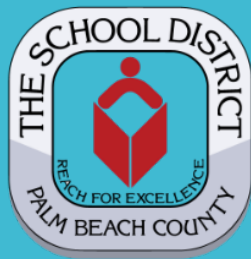
### Can also contain:

- ultrafine particles that can be inhaled deep into the lungs.
- flavorants such as diacetyl, a chemical linked to serious lung disease.
- volatile organic compounds.
- heavy metals, such as nickel, tin, and lead.

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# Side Effects



## ***Dangers to Youth***

- E-cigarettes are the most commonly-used tobacco product among teens: in 2018, over 20% of high school students reported having used e-cigarettes in the last 30 days
- Youth are uniquely vulnerable to the nicotine in e-cigarettes because their brains are still developing
- Youth who use e-cigarettes are more likely to smoke traditional cigarettes in the future
- Children are exposed to e-cigarette advertising in the media, online, and in magazines and billboards
- E-cigarettes appeal to children because they come in fun flavors like fruit, bubble-gum and candy
- Although it is illegal for e-cigarettes to be sold to youth under age 18, they can be ordered online

## ***Health Harms***

- The solution and vapor from e-cigarettes contain harmful chemicals, some of which cause cancer
- The nicotine in e-cigarettes is addictive and can harm brain development
- E-cigarettes are not recommended as a way to quit smoking
- In some cases, e-cigarettes have exploded, causing burns or fires
- Exposure to secondhand vapor from e-cigarettes is harmful to growing lungs
- Long-term health effects on users and bystanders are still unknown
- E-cigarettes can be used to smoke or “vape” marijuana, herbs, waxes, and oils

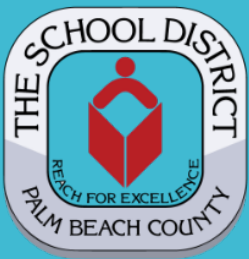
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- The American Lung Association states that it is concerned about accidental nicotine poisoning and poisoning from accidental ingestion of vape juice, saying the CDC has tracked emergency calls. It says the vapor has the same second-hand concerns as cigarettes of formaldehyde and other potential toxins, citing two studies but not naming them.



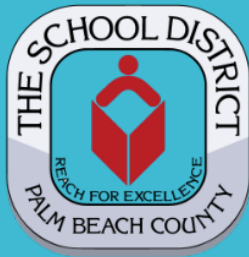
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- Last year, the association fed news reports about the “dangerous risk of flavored e-cigarettes” by pointing out that the e-liquid contained propylene diacetyl, a chemical component found at the time in artificial butter that contributed to a bronchial condition known as “popcorn lung.”



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# STATS



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539%

“Increased use of E-cigarettes among youth since 2011.”



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# 2007

The year E-cigarettes entered the U.S. marketplace. Since 2014, they have been the most commonly used tobacco product among U.S. youth.

[U.S. Surgeon General Advisory Report]

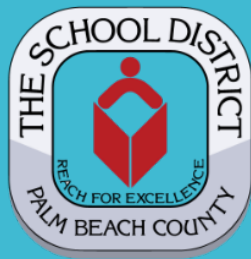


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# 78%

Increase in e-cigarette use among high school students during the past year. 11.7% in 2017 to 20.8% in 2018.

[U.S. Surgeon General Advisory Report]

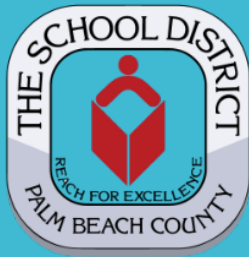


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# 3.6

Million U.S. youth currently use e-cigarettes. In 2018, 1 in 5 high school students and 1 in 20 middle school students used e-cigarettes.

[U.S. Surgeon General Advisory Report]



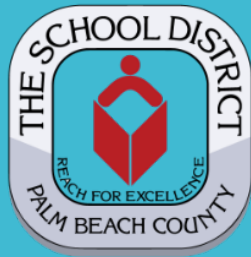
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# 3,185

Projected # of cases for THIS school year, more than 2017-2019 combined.

In 2017-2018 there were around 1,400 cases (smoking incidents). In 2018-2019 around 1,500.  
[WPTV 5]



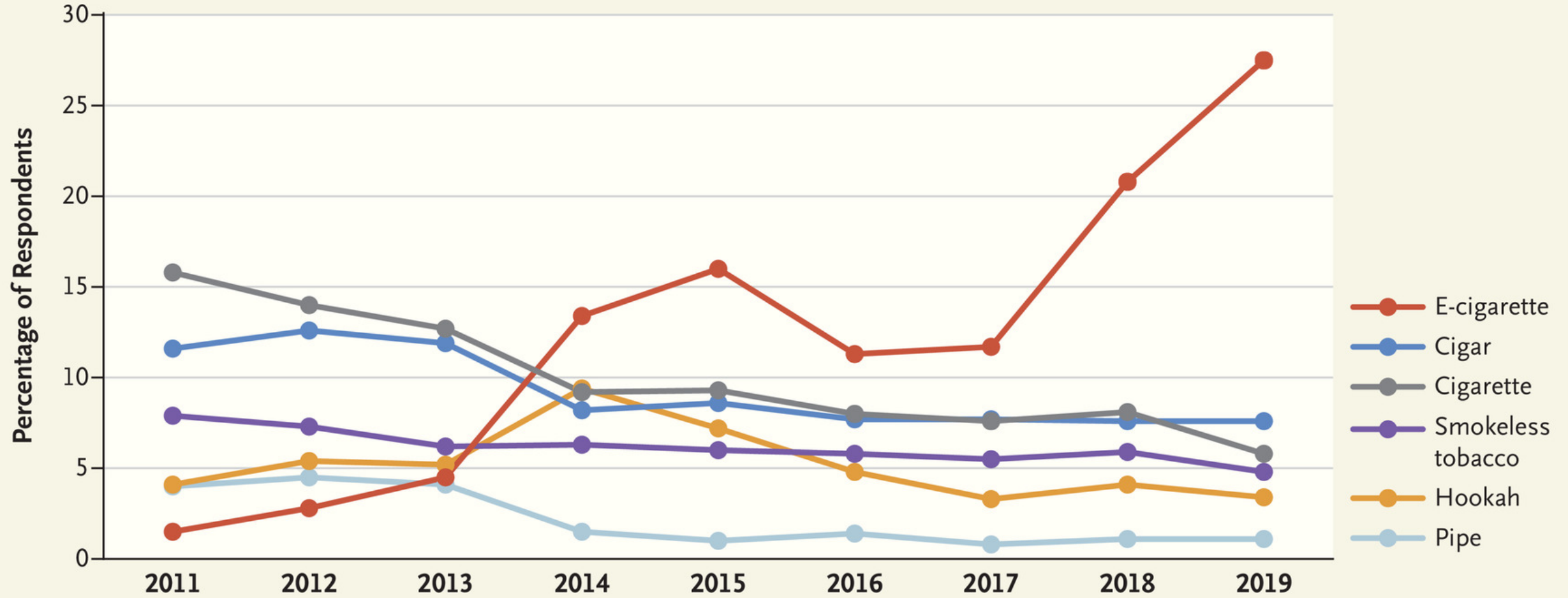
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Aldo Morales, MD  
FASAM

*Medical Director  
Psychiatrist  
Retreat at Palm Beach*

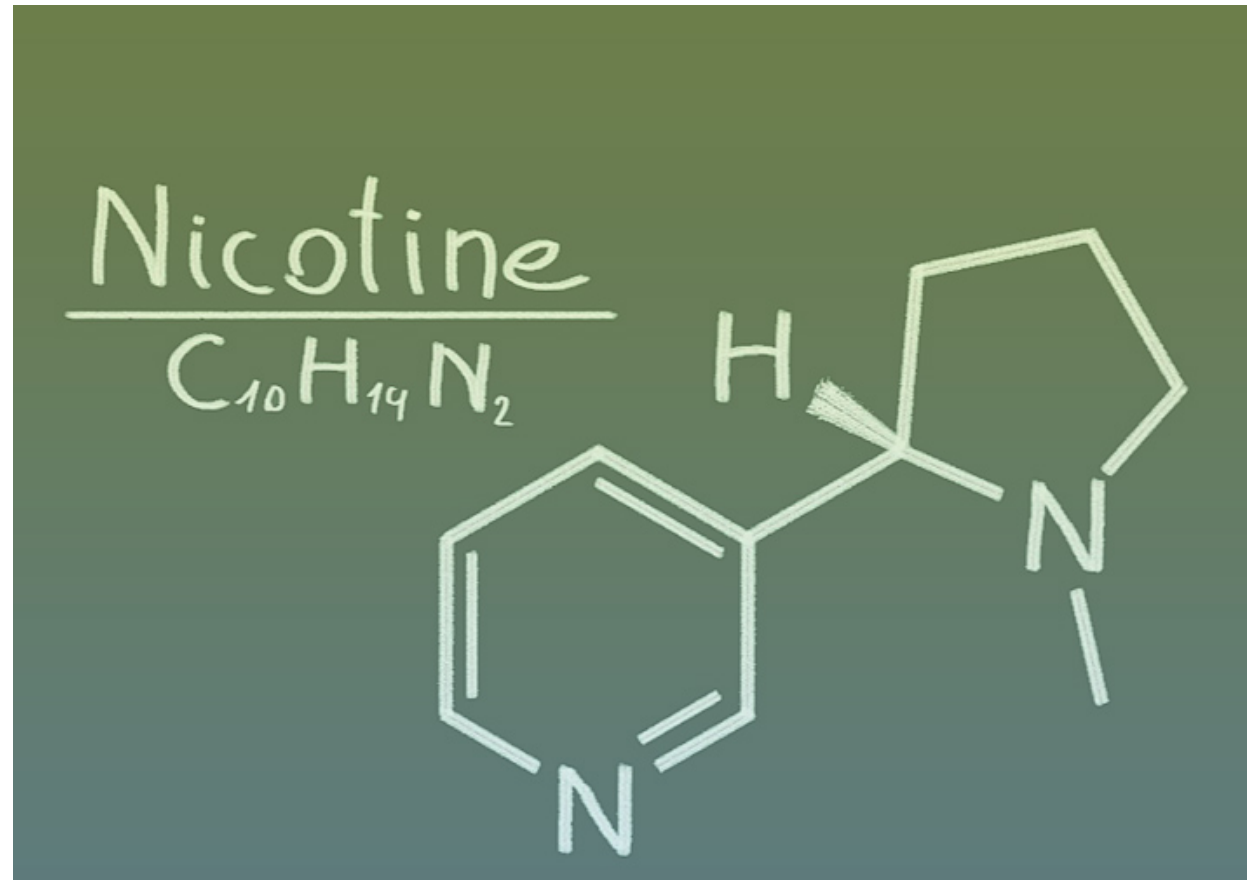
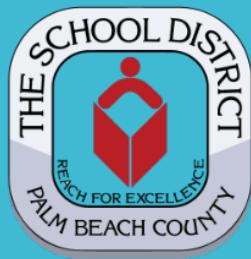


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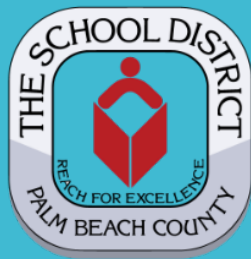
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# What is Nicotine?



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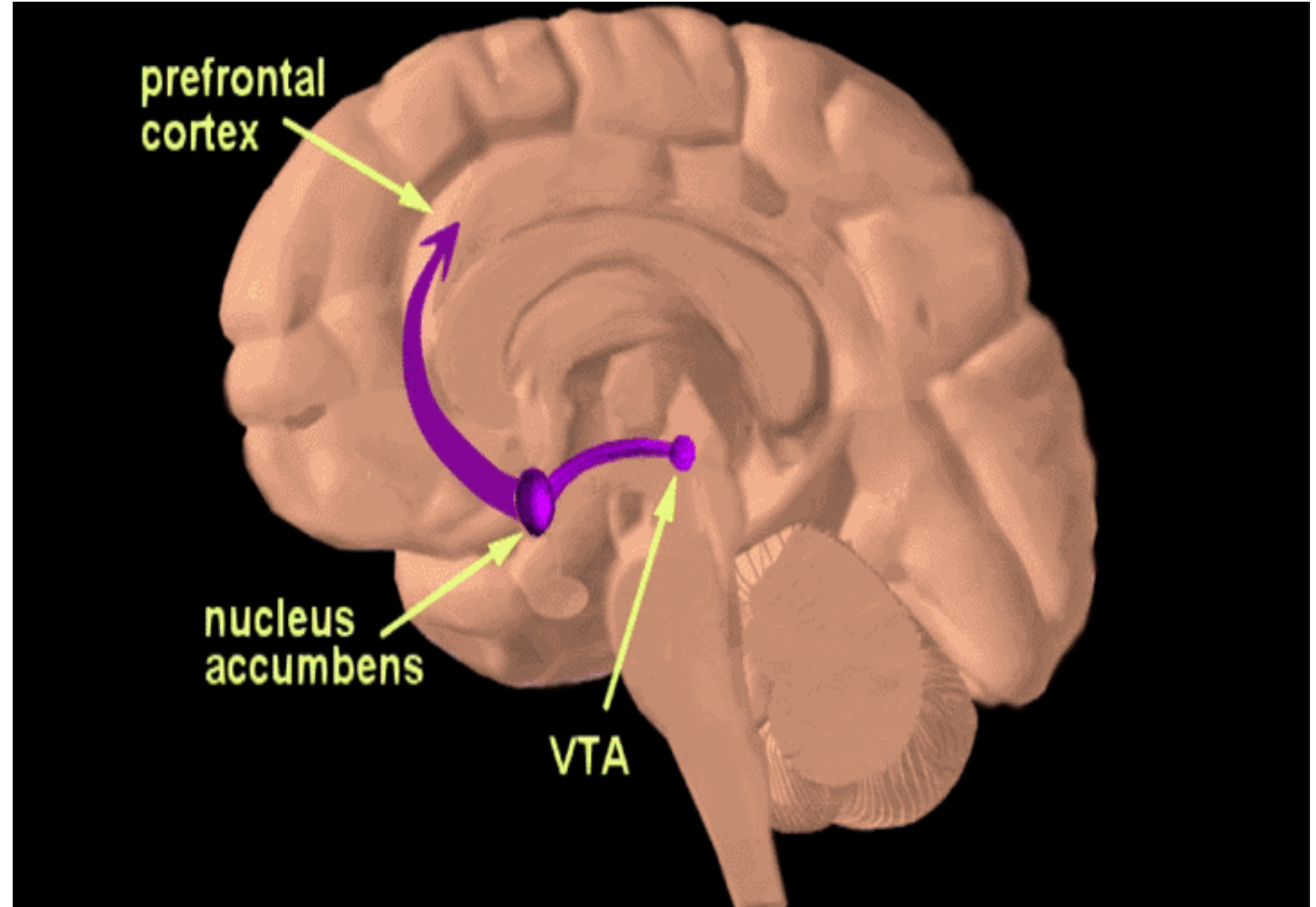
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## Nicotine Properties

- Anti-Anxiety
- Antidepressant
- Appetite suppressant
- Improves performance Attention
- Analgesic
- Health Problems
- Addictive



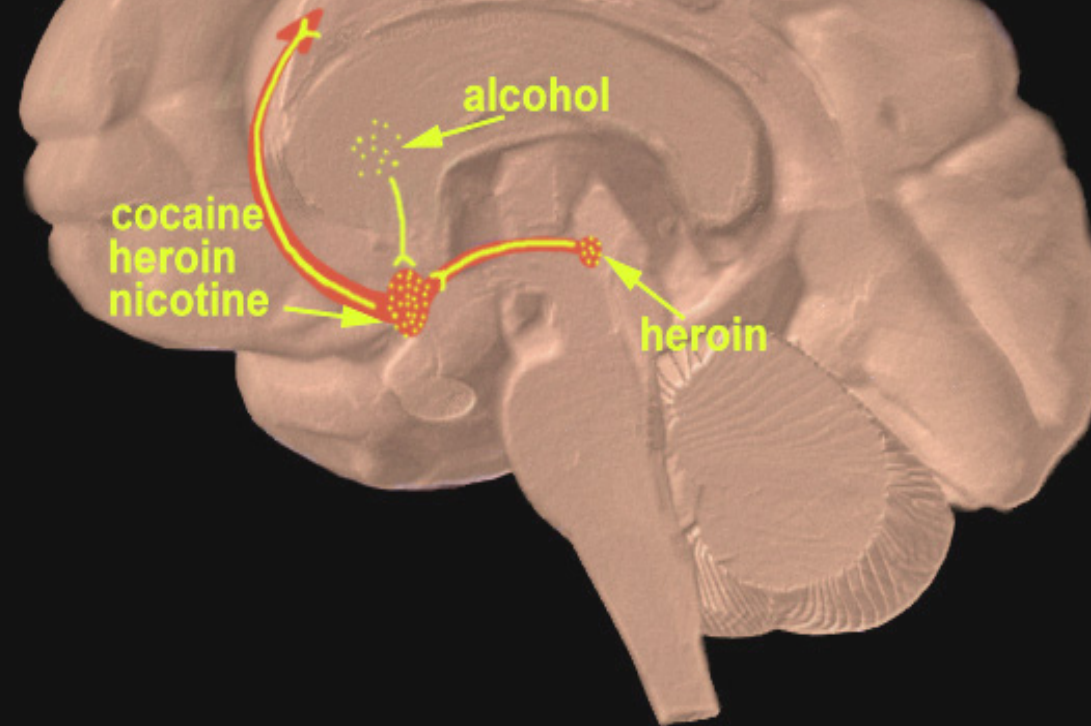
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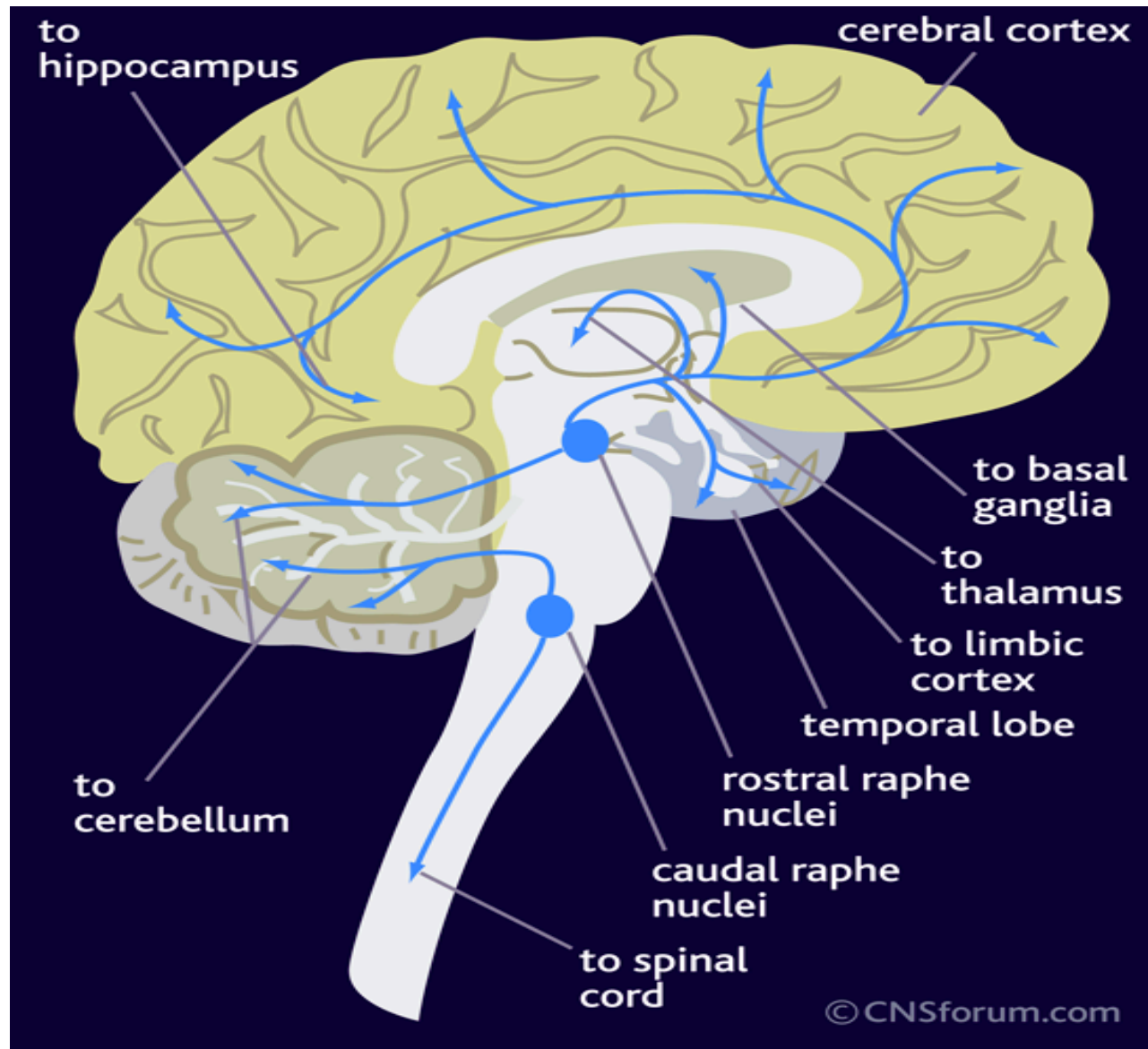
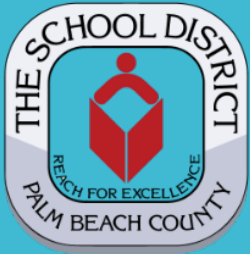
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## Activation of the reward pathway by addictive drugs

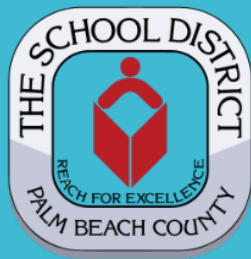


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# Relative Risk of Addiction After 1-Time Use



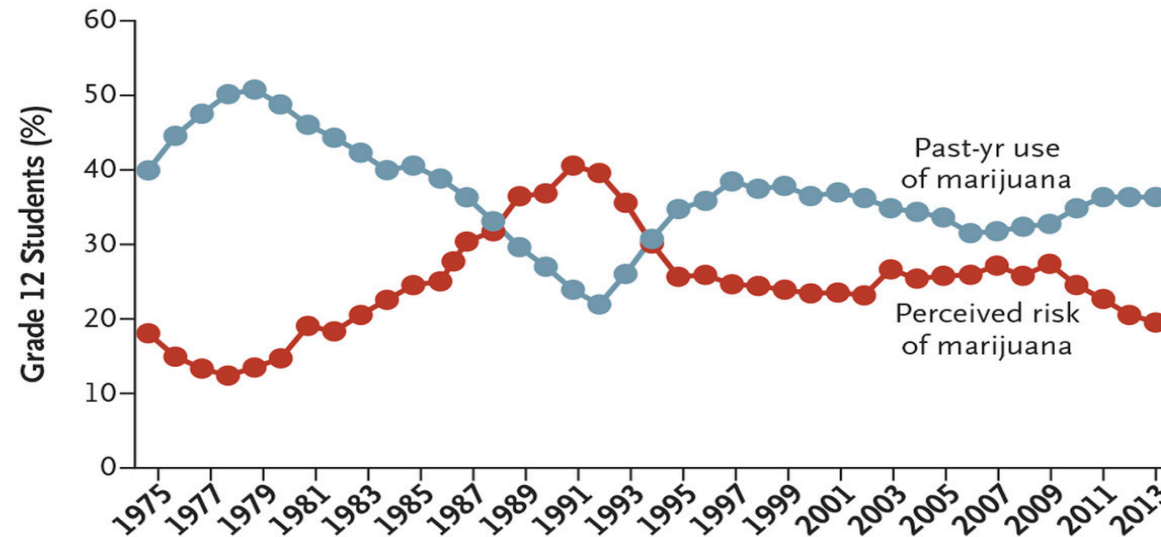
•tobacco	32%
•heroin	23%
•cocaine	17%
•alcohol	15%
•sedatives	9%
•cannabis	9%

Anthony, 1994

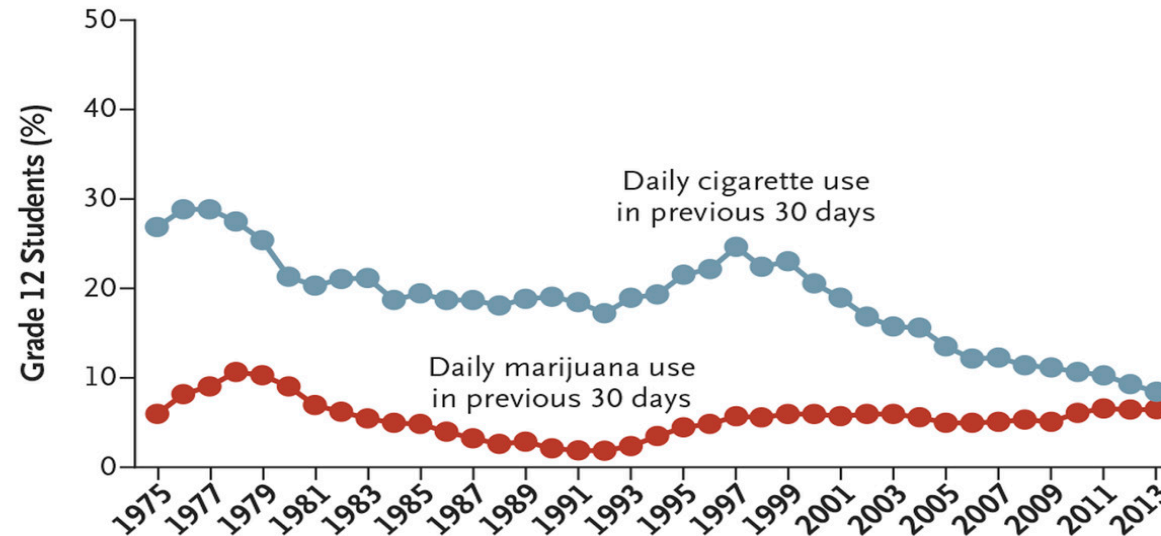
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# Use of Marijuana in Relation to Perceived Risk and Daily Use of Tobacco Cigarettes or Marijuana among U.S. Students in Grade 12, 1975–2013.

**A Correlation between Perceived Risk and Use**



**B Reported Daily Use of Cigarettes or Marijuana**



Volkow ND et al. N Engl J Med 2014;370:2219-2227

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U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES



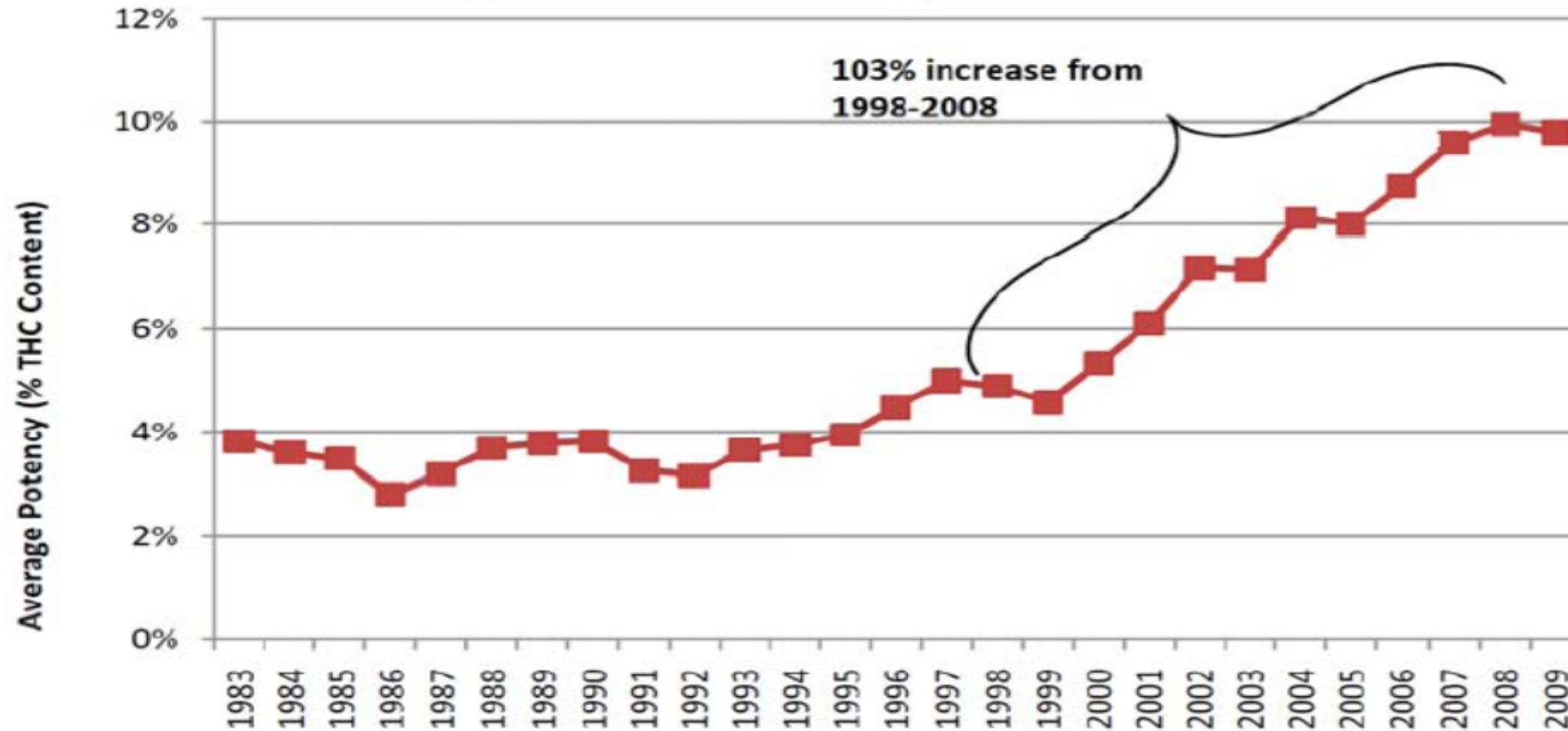
# THC...

- Psychotic disorders
- Cognitive Impairment



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## Potency of Seized Marijuana in the U.S.



Source: University of Mississippi, National Center for Natural Products Research, *Potency Monitoring Project Quarterly Report 107 (January 2010)*

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## Marijuana Addiction Risk

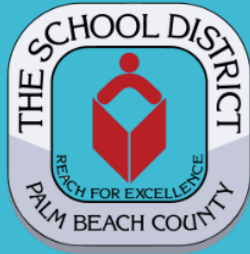
- 9% of people who use marijuana will become addicted
- The risk increases to 17% in people who start using in their teens
- The risk increases to 25-50% in people who are *daily users* (most of whom started using marijuana early in adolescence)

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1/3

of U.S. middle and high school students  
who ever used e-cigarettes had used  
marijuana in e-cigarettes.

[U.S. Surgeon General Advisory Report]



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He's one of the busiest men in town. While his door may say *Office Hours 2 to 4*, he's actually on call 24 hours a day.

The doctor is a scientist, a diplomat, and a friendly sympathetic human being all in one, no matter how long and hard his schedule.



*According to a recent Nationwide survey:*

## MORE DOCTORS SMOKE CAMELS THAN ANY OTHER CIGARETTE

DOCTORS in every branch of medicine—113,597 in all—were queried in this nationwide study of cigarette preference. Three leading research organizations made the survey. The gist of the query was—What cigarette do you smoke, Doctor?

*The brand named most was Camel!*

The rich, full flavor and cool mildness of Camel's superb blend of choice tobaccos seem to have the same appeal to the smoking tastes of doctors as to millions of other smokers. If you are a Camel smoker, this preference among doctors will hardly surprise you. If you're not—well, try Camels now.



Your "T-Zone" Will Tell You...

**T for Taste . . .  
T for Throat . . .**

That's your proving ground for any cigarette. See if Camels don't suit your "T-Zone" to a "T."



**CAMELS** *Castler Tobaccos*



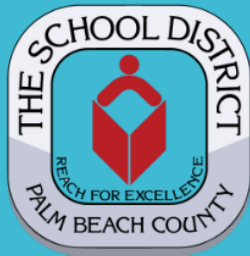
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# My Loved One Is Vaping... Now What?

## VISIT OUR RESOURCE TABLES OUTSIDE!

- 211 Crisis Hotline
- Palm Beach County Youth Services
- Horses Healing Hearts
- Tobacco Free Florida
- Synergy Health Programs
- Retreat Behavioral Health



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ANYTIME TONIGHT AT:  
561-318-0283



Retreat  
Behavioral Health®

**MEET OUR PANELISTS :**



**Aldo Morales, MD FASAM**  
Psychiatrist, Retreat



**Chief Frank Kitzerow**  
School District Police Dept.



**Maurice Cruz, MD**  
Pediatric Pulmonology



**Colleen T. Iannitti, Ed.D.**  
Principal of Jupiter HS



**Janiece N. Davis, MPH**  
Tobacco Free Florida



**James Campbell, Ph.D.**  
Principal of Seminole Ridge

**THE TEEN VAPING EPIDEMIC**  
**JUPITER, FL**