

## For Parents: Vaping and Transplant

### Vaping E-cigarettes

- E-cigarettes are not safer than smoking traditional cigarettes
- E-cigarettes may contain nicotine, marijuana and other chemicals that can be harmful
- Nicotine is very addictive
- Nicotine and marijuana concentrations in cigarettes vary considerably
- Variation in concentration can cause increase in harmful effects

### Vaping Devices

- Vape devices can look like regular cigarettes cigars or pipes, USB sticks, guitar picks, small cellphones. Other names include e- hookahs, mods, vape pens, vapes, tank systems and Juuls
- The device has 4 basic components: a cartridge, a heating element, a battery and a mouthpiece to inhale
- Flavored e-liquids come in thousands of flavors containing nicotine or marijuana
- Marijuana can be vaped in both the leaf form or using THC and/or CBD oil

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### Complications of Use

- Lung injury is associated with E-cigarettes & vaping products
- Causes rapid shallow breathing
- Increases blood pressure
- Increases heart rate
- Vape devices can explode resulting in burns and other injuries
- Seizures, brain injury, vomiting, or death
- The chemical THC in marijuana can cause mental health issues
- See Marijuana Sheet for additional concerns specific to marijuana

### Effect of Chronic Use

- The brain is developing until age 25
- Developing brains are more vulnerable to addiction
- Nicotine (in all forms) can make it harder for you to concentrate, control your impulses and learn

**Quitting is very hard, best not to start at all!! For more information visit:**

- [Partnership for Drug Free Kids](#)
- [Centers for Disease control \(CDC\)](#)
- [American Lung Association](#)