

E-CIGARETTE (“VAPING”) FACT CHECK

What is “vaping”?

“Vaping” is the use of an electronic device (e.g. e-cigarette) that heats a chemical solution into a vapor that is inhaled into the lungs. There are a number of products available on the market, none of which have information on long term risks and hazards. 1 in 4 high school and 1 in 20 middle school students report vaping.



What is in an e-cigarette?

That depends on the product. Most include high concentrations of nicotine (1 standard JUUL cartridge = 1-2 packs of cigarettes) but also include proprietary blends of different solvents and chemicals – several of which are established airway irritants. The Centers for Disease Control (CDC) recommends against the use of Tetrahydrocannabinol (THC) products due to an increased risk of serious lung injury and death.

Who is at risk for vaping?

Vaping products are specifically targeted towards individuals who have used nicotine products in the past, as well as those who are interested in technology or gadgets. Individuals who have struggled with mental health issues are also at higher risk to start using vaping products.

Why is this relevant to ice hockey players?

While data on usage of e-cigarettes in youths continues to develop, it is clear that use of these products has the potential to severely impair athletic performance. As of December 2019, there were over 2,300 cases of vaping related lung injury and 48 deaths. Individuals who survive the lung injury may have long-term damage to their lungs that would limit their hockey endurance.

Can you become addicted to vaping?

Absolutely! Most vaping cartridges contain nicotine, a powerfully addictive substance. This often leads to physical and psychological dependency. A typical vape pod can have as much nicotine as a pack of cigarettes, meaning that an e-cigarette user can inhale a high concentration of nicotine rapidly. The brain does not fully develop until age 25. Nicotine leads to problems with memory, attention, & increased risk taking.

Are e-cigarettes helpful to quit smoking?

No, e-cigarettes do not have FDA approval for smoking cessation. A recent study found that adolescents who used e-cigarettes are 3 times more likely to start using traditional cigarettes.

ACTION PLAN

- E-cigarettes and other vaping devices are dangerous and addictive. The best plan is to avoid using any of these devices. Most contain nicotine which is a highly addictive drug.
- E-cigarettes are being aggressively marketed to teens and adolescents. Be aware that the manufacturers use social media, fruity flavors, aromas, and deceitful advertising campaigns to attract new customers with the goal of you being addicted and a life-long customer.
- Individuals who are struggling with mental health disorders are at higher risk for substance abuse. Recognizing these players and getting them professional treatment may help prevent future problems.
- THC containing products have been linked with the highest risk for vaping-related death.
- If a player has unexplained shortness of breath, chest pain, or persistent coughing, be sure that they disclose to their doctor whether they vape as it may save their life.