



## WHAT ARE THE HEALTH RISKS OF E-CIGARETTES TO TEENAGERS?

### THE IMPACT OF E-CIGARETTES ON THE LUNGS

E-cigarettes are a relatively new tobacco product that have been sold in the U.S. for about a decade. The e-cigarettes currently in the U.S. marketplace have not been systemically reviewed by the FDA to determine their impact on lung health. While much remains to be determined about the lasting health consequences of these products, the American Lung Association is very troubled by the evolving evidence about the impact of e-cigarettes on the lungs.

#### **The Inhalation of Harmful Chemicals Can Cause Irreversible Lung Damage and Lung Disease**

In January 2018, the National Academies of Science, Engineering and Medicine released a consensus study report that reviewed over 800 different studies.

That report made clear: using e-cigarettes causes health risks. It concluded that e-cigarettes both contain and emit a number of potentially toxic substances. The Academies' report also states there is moderate evidence that youth who use e-cigarettes are at increased risk for cough and wheezing and an increase in asthma exacerbations.

- A study from the University of North Carolina found that the two primary ingredients found in e-cigarettes – propylene glycol and vegetable glycerin – are toxic to cells, and that the more ingredients in an e-liquid, the greater the toxicity.
- E-cigarettes produce a number of dangerous chemicals including acetaldehyde, acrolein, and formaldehyde. These aldehydes can cause lung disease, as well as cardiovascular (heart) disease.
- E-cigarettes also contain acrolein, a herbicide primarily used to kill weeds. It can cause acute lung injury and COPD and may cause asthma and lung cancer.

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- E-cigarettes contain chemicals that can cause irreversible lung damage and alter teen brains. *E-cigarettes contain harmful chemicals such as formaldehyde, which is known to cause cancer, and acrolein which is used as a weed killer and can cause irreversible lung damage.*
- Nicotine is highly addictive and exposure during adolescence can harm the developing brain.
- Youth who use e-cigarettes are more likely to go on to use traditional cigarettes.
- In the short term, e-cigarette aerosol can irritate your lungs, throat and eyes. It can also make it more likely that you'll catch colds or get the flu.
- Many schools have added e-cigarettes to their tobacco-free school policies and the consequences for using them on school grounds are often the same as smoking traditional cigarettes.

## Fire Prevention Week is October 6-12

**Not every hero wears a cape.**

Plan and Practice your Escape™

[www.nfpa.org/Public-Education/Staying-safe/Preparedness/Fire-Prevention-Week](http://www.nfpa.org/Public-Education/Staying-safe/Preparedness/Fire-Prevention-Week)

## HALLOWEEN SAFETY TIPS

Halloween is an exciting time of year for kids, and to help them have a safe holiday, here are some tips from the American Academy of Pediatrics (AAP). Feel free to excerpt these tips or use them in their entirety for any print or broadcast story, with acknowledgment of source.

- Plan costumes that are bright and reflective. Make sure that shoes fit well and that costumes are short enough to prevent tripping, entanglement or contact with flame.
- Consider adding reflective tape or striping to costumes and trick-or-treat bags for greater visibility.
- Because masks can limit or block eyesight, consider non-toxic makeup and decorative hats as safer alternatives. Hats should fit properly so they don't slide over eyes. Makeup should be tested ahead of time on a small patch of skin to make sure there are no unpleasant surprises on the big day.
- When shopping for costumes, wigs and accessories, look for and purchase those with a label clearly indicating they are flame resistant.
- If a sword, cane, or stick is a part of your child's costume, make sure it is not sharp or long. A child may be easily hurt by these accessories if he stumbles or trips.
- Do not use decorative contact lenses. While the packaging on decorative lenses will often make claims such as "one size fits all," or "no need to see an eye specialist," using decorative contact lenses without a prescription is both dangerous and illegal. This can cause pain, inflammation, and serious eye disorders and infections, which may lead to permanent vision loss.
- Review with children how to call 9-1-1 (or their local emergency number) if they ever have an emergency or become lost.

## E-CIGARETTES (CONT.)

- Both the U.S. Surgeon General and the National Academies of Science, Engineering and Medicine have warned about the risks of inhaling secondhand e-cigarette emissions, which are created when an e-cigarette user exhales the chemical cocktail created by e-cigarettes.
- In 2016, the Surgeon General concluded that secondhand emissions contain, "nicotine; ultrafine particles; flavorings such as diacetyl, a chemical linked to serious lung disease; volatile organic compounds such as benzene, which is found in car exhaust; and heavy metals, such as nickel, tin, and lead."
- The Food and Drug Administration has not found any e-cigarette to be safe and effective in helping smokers quit. If smokers are ready to quit smoking for good, they should call 1-800-QUIT NOW or talk with their doctor about finding the best way to quit using proven methods and FDA-approved treatments and counseling.

## BROWNIE BAT TRUFFLES

### INGREDIENTS

1 13"-x-9" pan fudgy brownies, baked and cooled  
1/2 cup chocolate frosting  
7 Oreo cookies, halved and stuffing removed  
11 oz. semisweet chocolate chips  
2 cups black sanding sugar  
28 royal icing eyes or red M&M minis



### DIRECTIONS

- Line a baking sheet with parchment paper and set aside. In a large bowl, roughly crumble brownie by hand. Mix in chocolate frosting and gently knead mixture until evenly moistened.
- Using a cookie scoop, portion out 1 tablespoon brownie frosting mixture and roll into small balls. Insert two halved Oreo cookies on either side to create wings. Place brownie balls on the prepared baking sheet and freeze until firm, 2 hours.
- Remove balls from freezer and let come to room temperature, 15 minutes.
- Melt chocolate in a microwave-safe bowl in 5-second intervals. Dip bat brownie truffles in chocolate and dust with black sanding sugar. Decorate with royal icing eyes or M&Ms.

