

Teens & Vaping

What You Need to Know.

A number of news stories lately have highlighted the brewing "epidemic" our young people face as a result of vaping. Approximately 2.1 million middle and high school students were e-cigarette users in 2017

What is vaping?

The act of inhaling and exhaling the vapor produced by the heated nicotine liquid, or "juice" of an electronic cigarette, vape pen, or personal vaporizer.

So is vaping actually less dangerous than people tend to think?

Vaping causes lung irritation seen in smokers and people with lung disease. It also causes damage to vital immune system cells. Vaping increases heart rate and blood pressure, and therefore, can create or worsen circulatory problems.



How can you talk to your kids about vaping?

If you are concerned that your teen is vaping, ask them what made them start vaping in the first place. Maybe they are trying to fit in at school or feel more like an adult. Understand the reasoning behind it and you will be better equipped to deal with it.

Most importantly, ask for help when you need it.
Contact us today to find out how we can help



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