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PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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Vaping: What You Need to Know

What are e-cigarettes?

- E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine
- Users inhale this aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales into the air.
- Using an e-cigarette is sometimes called "VAPING"

What is in an e-cigarette?

- Most e-cigarettes contain nicotine, which has known health effects.
- Nicotine is highly addictive.
- Nicotine is toxic to developing fetuses.
- Nicotine can harm adolescent brain development, which continues into the early to mid-20s.
- Nicotine is a health danger for pregnant women and their developing babies.



What are the effects of VAPING?

- E-cigarettes invite harmful and unknown chemicals into the body and bloodstream.
- These cancer-causing agents reach deep in lungs, irritating the bronchi and cause an increase in blood pressure and heart rate.
- The "vapor" inhaled also can cause inflammations in the mouth, eventually leading to gum disease.
- Over time, inhaling the particles present in the "vapor" can cause what has become the well-known "smoker's cough."

WARNING: Outbreak of Lung Injury Associated with the Use of E-Cigarette, or Vaping, Products

As of October 22, 2019, 1,604* cases of e-cigarette, or vaping, product use associated lung injury (EVALI) have been reported to CDC from 49 states (all except Alaska), the District of Columbia, and 1 U.S. territory. Thirty-four deaths have been confirmed in 24 states (as of October 22, 2019). **THC is present in most of the samples tested by FDA to date.**



<https://www.lung.org/about-us/blog/2019/03/vaping-smoke-and-mirrors.html>
https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm

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Website
www.prxn.com

E-Mail
pharmacy@mpntn.org

PEQUOT
HEALTH CARE

Pequot Health Care
1 Annie George Drive
Mashantucket,
CT 06338



Mashantucket Pequot
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