VAPING

ADVISORY RESOURCES

TOBACCO AS A SACRED MEDICINE

MANY INDIGENOUS CULTURES OFFER UP OR BURN TOBACCO FOR CEREMONIAL OR MEDICINAL PURPOSES. IT IS IMPORTANT TO NOTE THAT THESE TRADITIONAL PRACTICES DO NOT INCLUDE THE USE OF COMMERCIAL ITEMS SUCH AS CIGARETTE TOBACCO AND VAPE PRODUCTS, WHICH ARE NOT CONSIDERED SACRED. THIS DOCUMENT AIMS TO PROVIDE INFORMATION ABOUT THE POTENTIAL HARMS OF USING COMMERCIAL TOBACCO/VAPE PRODUCTS; WHILE ALSO UPHOLDING THE HONORED TRADITIONAL USES OF TOBACCO AMONG MANY INDIGENOUS PEOPLES.

BY THE NUMBERS

"EVERYONE DOES IT!"
#MYTH #KNOW THE FACTS

22% HAVE TRIED VAPING

- *MANY STUDENTS WHO HAVE STARTED VAPING DO NOT CONSIDER THEMSELVES TO BE SMOKERS AND PERCEIVE THE PRACTICE AS SAFE.*
- *THE DANGERS REMAIN LARGELY UNKNOWN BUT CASES OF LUNG COLLAPSE AND LUNG DISEASE ARE BEING SEEN IN YOUNGER PATIENTS WHO VAPE.*

78% HAVE NOT TRIED VAPING

- *4 OUT OF 5 STUDENTS BETWEEN GRADES 6 AND 12 HAVE NOT TRIED VAPING. A MAJORITY OF STUDENTS CONTINUE TO LIVE SMOKE FREE / VAPE FREE LIVES.*

WHO IS VAPING?

- OF THE 22% OF STUDENTS WHO ARE VAPING/TRIED VAPING
  - 36% HAVE NEVER SMOKED BEFORE!
  - 35% WERE OCCASIONAL/EXPERIMENTAL SMOKERS
  - 17% WERE SMOKERS
  - 12% WERE FORMER SMOKERS

SO?

  - 70% OF STUDENTS WHO VAPE HAVE INCREASED THEIR CHANCES AT LUNG DAMAGE, CANCER, AND UNTOLD UNKNOWN DANGERS.

CONSIDER THIS…

  - IS THERE A EASY WAY TO REFUSE SOMEONE'S OFFER TO TRY IT?

"IT'S SAFER THAN SMOKING?!?!?!" #SAFERDOESNOTMEANSAFE

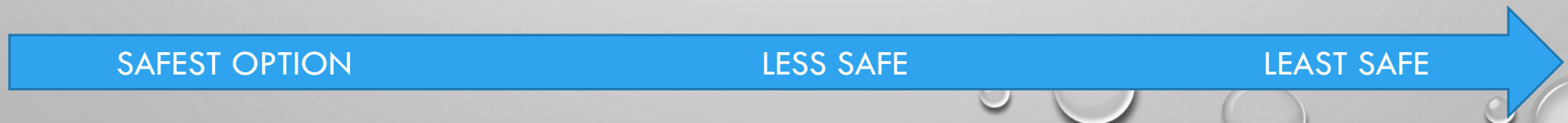
NON-SMOKING

VAPING

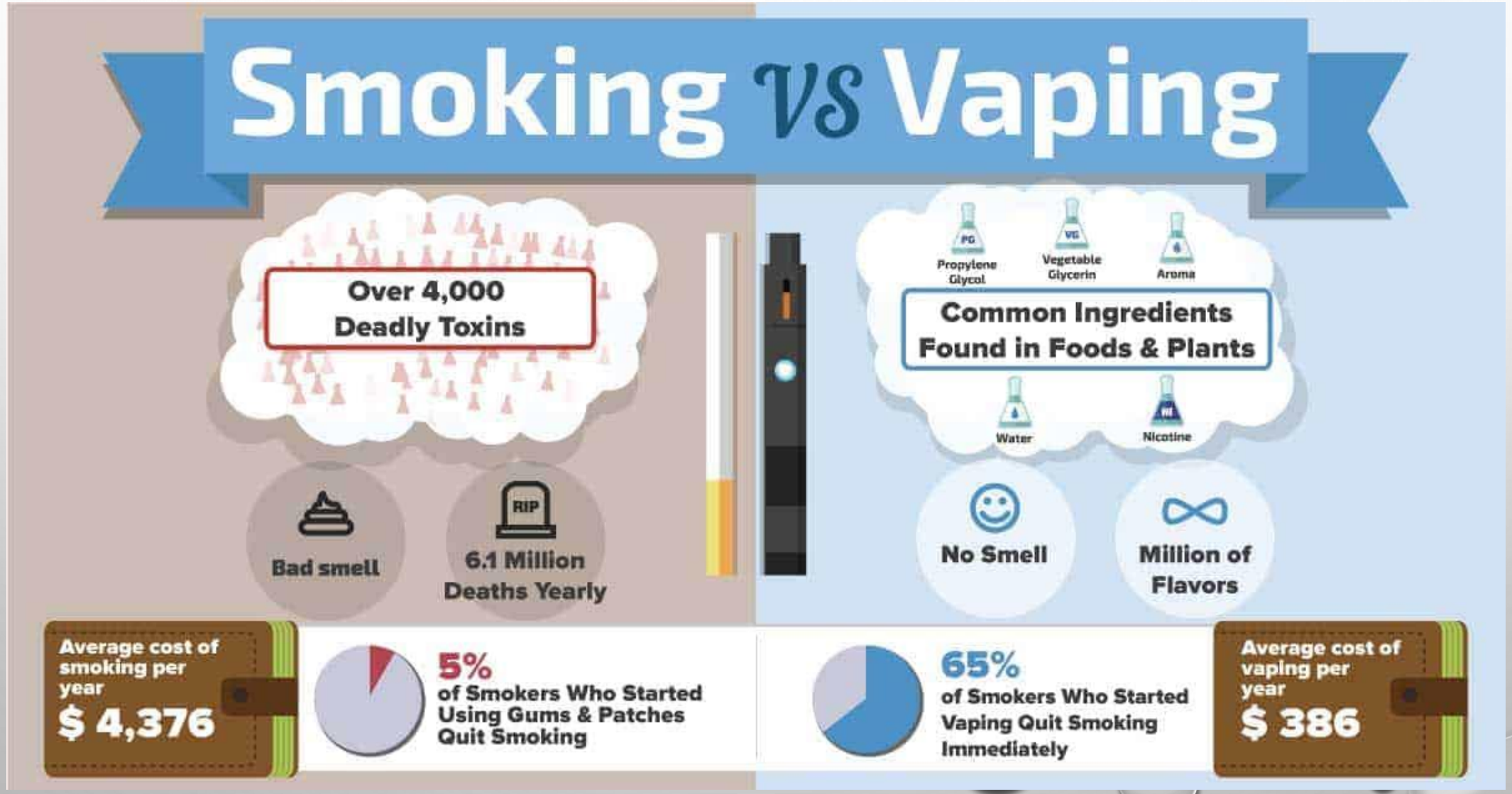
- LUNG AND BRAIN DAMAGE CAUSED BY FLAVOURING CHEMICAL
- REDUCED ABILITY TO FIGHT INFECTION
- CANCER CAUSED BY FORMALDEHYDE
- REDUCED HEART HEALTH DUE TO HIGH NICOTINE EXPOSURE
- PLUS MANY MORE NOT YET KNOWN

SMOKING

- LUNG CANCER
- THROAT CANCER
- LUNG DISEASE
- EMPHYSEMA
- 20% OF US DEATHS PER YEAR ARE SMOKING RELATED

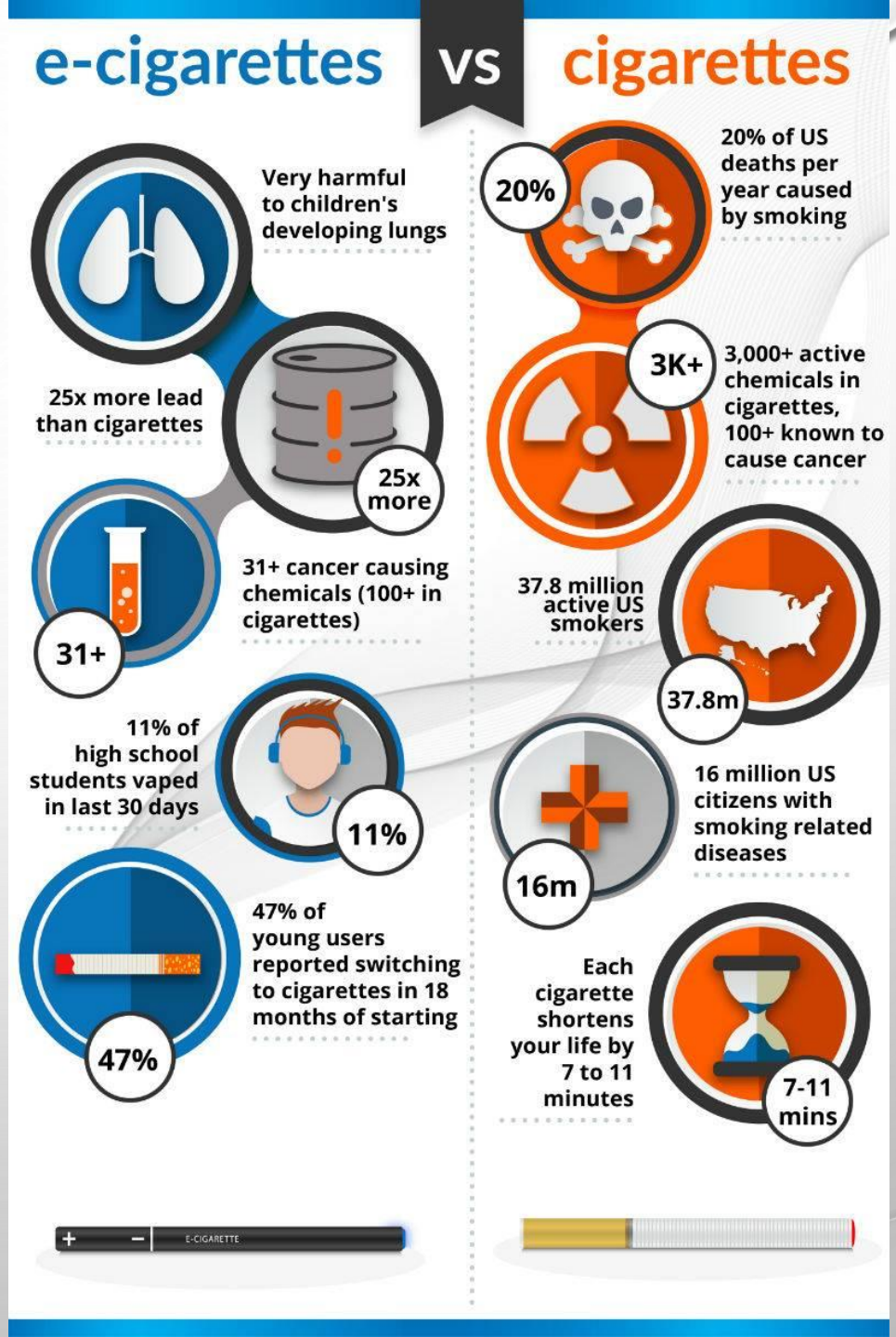


VAPE INDUSTRY PROPAGANDA



#TRUTH

SAFER DOES NOT MEAN SAFE!



OOZE



DON’T LET HISTORY REPEAT ITSELF!

OR WHY YOUR “OLD” TEACHERS ARE WORRIED ABOUT YOUR E-CIG HABIT!

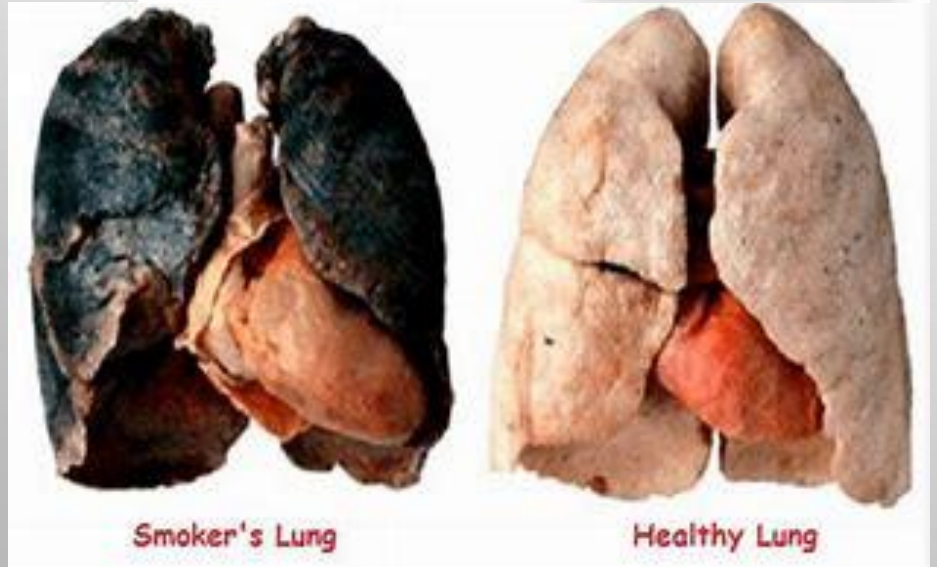

You get a lot to like with a
Marlboro
the filter cigarette
with the
unfiltered taste
Why don't you
settle back
and have a
full-flavored smoke!
Marlboro
MIGHTY
GOOD
MARLBOROS


Take a Puff...
It is Springtime
You can take
Salem out of the
country but...
Salem


Winston
It's what's up front that counts
WINSTON TASTES GOOD like a cigarette should!


Your taste buds will tell you why
you'll feel better about smoking
with the taste of Kent!
KENT
Your taste will become clear and alive,
because KENT with the MICRONITE filter
refines away harsh flavor...refines away hot taste
...makes the taste of a cigarette mild and kind!
IMPORTANT




Smoker's Lung
Healthy Lung

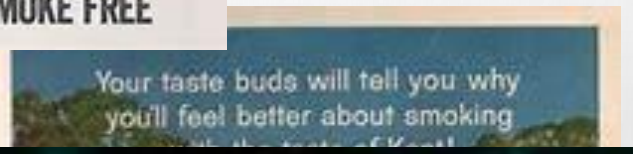

TOBACCO INDUSTRY'S
Poster Child
EIGHTY-FIVE PER CENT OF SMOKERS START BEFORE THEIR 16TH BIRTHDAY.
DON'T BECOME A TOBACCO INDUSTRY POSTER CHILD.
ADDICTION
Nicotine in cigarettes is a powerful drug that can be as addictive as heroin and alters how your brain works.
WRINKLES
Smoking decreases blood flow to the skin. This leads to leathery-looking skin and increased wrinkling.
CATARACTS
The more you smoke, the greater your chance of cataracts — an eye problem that can cause blindness. Even former smokers have a 50 per cent higher risk of developing a cataract.
MOUTH CANCERS
Smoking is the main reason people get cancer in their tongues and mouths. Smoking makes it harder for your saliva to remove germs in your mouth. You'll get stains, bad breath, and a higher chance of gum disease — even if you're young.
SKIN DAMAGE
Tar from tobacco smoke turns your fingers yellow and stains your fingernails.
THROAT CANCER
Four out of every five cases of cancer of the esophagus are due to smoking. As smoke enters your throat, cancer-causing chemicals condense on your mucous membranes.
PSORIASIS
Smokers are twice as likely as non-smokers to develop psoriasis — a disfiguring red and silver rash that can occur anywhere on your body.
HEART DISEASE
Smoking is a major cause of heart attacks, BC's number one killer. Within one minute of your first puff on a cigarette, your heart begins to beat faster. Your blood vessels clamp down, raising your blood pressure and forcing your heart to work harder.
LUNG DISEASE
If you smoke, you're as much as 28 times more likely to die of lung cancer. But long before that, you'll find your lung capacity decreased. You may develop asthma and, if that doesn't stop you, emphysema — where 80 per cent of all cases are caused by smoking.
STOMACH ULCERS
Smokers are more prone to peptic ulcers. They don't heal as fast in smokers, and they're more likely to recur. There's also growing evidence that smoking may increase the risk of chronic bowel disease.
Protecting Kids from TOBACCO
BRITISH COLUMBIA
Ministry of Health
www.tobaccofacts.org


You get a lot to like with a
blu it up!
blu
blu ELECTRONIC CIGARETTES


Take a Puff...
LOVE YOUR LUNGS
SIMPLE REFRESHING SMOKE FREE

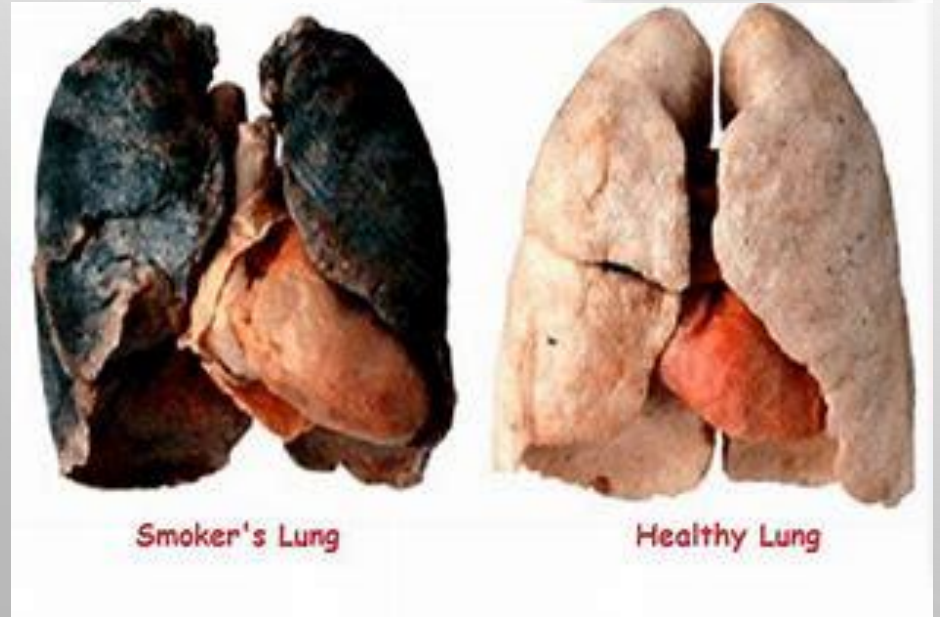

blu ELECTRONIC CIGARETTES
blu
blu


You can take Salem out of the country but...
Salem


Your taste buds will tell you why you'll feel better about smoking


blu
...makes the taste of a cigarette mild and kind!





WHAT WILL THE GRAPHIC IMAGES LOOK LIKE FOR VAPING CONSEQUENCES IN THE FUTURE?

QUESTION:
WHAT WOULD IT TAKE TO MAKE VAPES PART OF YOUR PAST INSTEAD OF PART OF YOUR FUTURE?

QUITTING CAN BE HARD – THERE IS HELP

- THEIR HEALTH CARE PROVIDER,
- GO SMOKE-FREE NB (1-866-366-3667);
- **HORIZON HEALTH SMOKING CESSATION PROGRAM ;**
- **NB ANTI-TOBACCO COALITION WEBSITE;**
- **QUIT4LIFE;**
- **BREAKITOFF.CA**

"IT TASTES LIKE COTTON CANDY"



WITH ALL THE SWEET FRUITY FLAVORS, A CHILD MIGHT THINK IT'S FOR THEM AS WELL. E-CIGARETTES POSE SOME OF THE SAME RISKS AS REGULAR TOBACCO CIGARETTES LIKE SECONDHAND EXPOSURE AND ACCIDENTAL INGESTION. YOU WOULDN'T WANT TO SEE A CHILD SMOKING SO WHY WOULD YOU WANT TO SEE ONE VAPE? DON'T LET THE CHILDREN BE PART OF THE NEXT GENERATION OF ADDICTS.

KNOW VAPE.
KNOW TO SAY NO.

SAN LAZARO COMPOUND, TAYUMAN, STA. CRUZ, MANILA
PHILIPPINES 1003
TELEPHONE NO. (632) 651-7800
FAX (632) 711-6744

#KNOW VAPE

CONNECT WITH US:

"MY FRIENDS VAPE, SO I SHOULD, TOO."



PRESSURED INTO VAPING?
WOULD YOU STILL VAPE WITH YOUR FRIENDS IF YOU FOUND OUT THAT CHEMICALS IN E-CIGARETTES CAN DAMAGE LUNG TISSUE AND CAUSE INFLAMMATION? THAT DAMAGE CAN REDUCE THE ABILITY OF THE LUNGS TO KEEP OUT GERMS AND OTHER HARMFUL SUBSTANCES. IT'S ALSO SAID THAT NICOTINE IS HARMFUL TO THE DEVELOPING TEENAGE BRAIN. BUT HEY, VAPE ON, RIGHT?

KNOW VAPE.
KNOW TO SAY NO.

SAN LAZARO COMPOUND, TAYUMAN, STA. CRUZ, MANILA
PHILIPPINES 1003
TELEPHONE NO. (632) 651-7800
FAX (632) 711-6744

#KNOW VAPE

CONNECT WITH US:

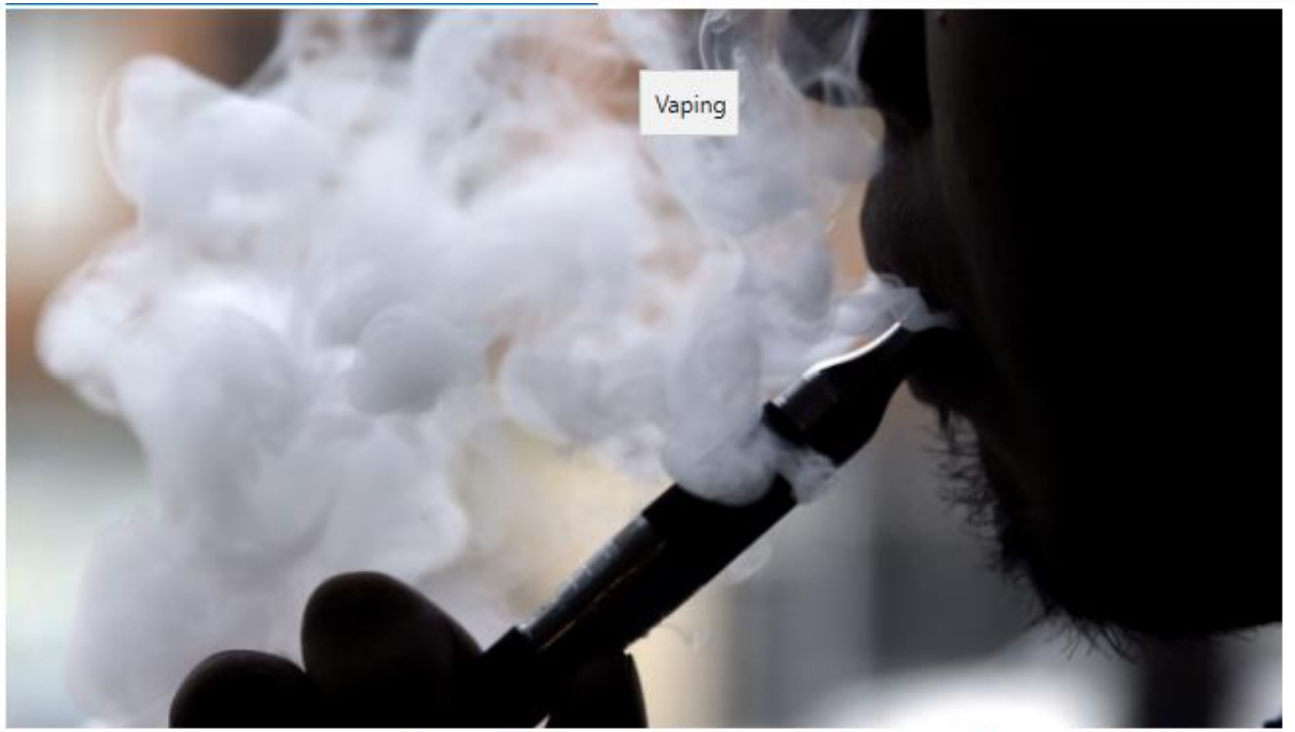
CRYSTAL BALL



IN THE NEWS

DOCTORS SUSPECT VAPING BEHIND DOZENS OF LUNG ILLNESSES IN U.S.

LINK



A man smokes an electronic cigarette in Chicago in this April 23, 2014 file photo. THE CANADIAN PRESS/AP/Nam Y. Huh, File

NEARLY 100 PEOPLE HOSPITALIZED WITH SEVERE LUNG ISSUES AFTER VAPING

HEALTH EXPERTS ARE INVESTIGATING CLUSTERS OF VAPING-RELATED LUNG ISSUES.

LINK



At least 24 people have been hospitalized with vaping-related respiratory issues since July -- many of them young adults.

Canva

FLAVOUR CHEMICALS IN E-CIGARETTES COULD DAMAGE LUNG TISSUE

COMMONLY USED FOOD FLAVOURINGS MAY BE SAFE WHEN INGESTED, BUT NOT WHEN INHALED

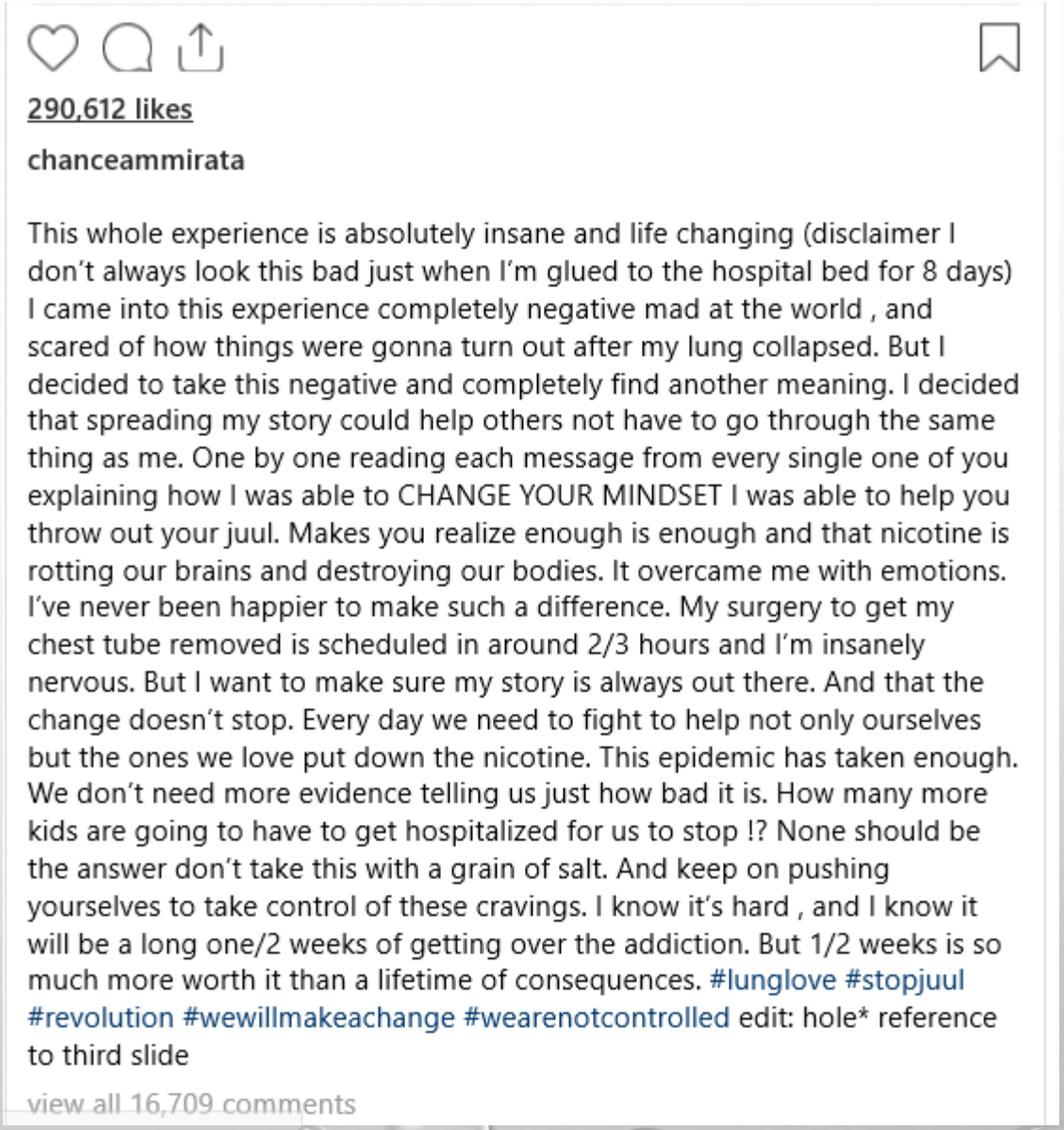
LISTEN [9 MINUTES]



A new study raises concerns that the chemicals used to flavour e-cigarettes could lead to serious lung diseases. (Lindsay Fox, CC Attribution 2.0)

TEEN BLAMES VAPING FOR LUNG COLLAPSE

LINK



290,612 likes

chanceammirata

This whole experience is absolutely insane and life changing (disclaimer I don't always look this bad just when I'm glued to the hospital bed for 8 days) I came into this experience completely negative mad at the world , and scared of how things were gonna turn out after my lung collapsed. But I decided to take this negative and completely find another meaning. I decided that spreading my story could help others not have to go through the same thing as me. One by one reading each message from every single one of you explaining how I was able to CHANGE YOUR MINDSET I was able to help you throw out your juul. Makes you realize enough is enough and that nicotine is rotting our brains and destroying our bodies. It overcame me with emotions. I've never been happier to make such a difference. My surgery to get my chest tube removed is scheduled in around 2/3 hours and I'm insanely nervous. But I want to make sure my story is always out there. And that the change doesn't stop. Every day we need to fight to help not only ourselves but the ones we love put down the nicotine. This epidemic has taken enough. We don't need more evidence telling us just how bad it is. How many more kids are going to have to get hospitalized for us to stop !? None should be the answer don't take this with a grain of salt. And keep on pushing yourselves to take control of these cravings. I know it's hard , and I know it will be a long one/2 weeks of getting over the addiction. But 1/2 weeks is so much more worth it than a lifetime of consequences. #lunglove #stopjuul #revolution #wewillmakeachange #wearenotcontrolled edit: hole* reference to third slide

view all 16,709 comments