E-cigarettes or “Vaping”: What Parents Need to Know

Green Bay – Electronic cigarettes (e-cigarettes) have been the most commonly used tobacco product among U.S. youth since 2014, according to the Centers for Disease Control and Prevention (CDC). In 2018, CDC and Food and Drug Administration (FDA) data showed that more than 3.6 million youth, including 1 in 5 high school students and 1 in 20 middle school students, were past-month e-cigarette users.

E-cigarettes are battery-powered devices that deliver nicotine, flavorings and other ingredients to the user. Using e-cigarettes is sometimes called, “vaping.” Most e-cigarettes contain nicotine, which is highly addictive. Nicotine exposure in adolescence can harm brain development; impact learning, memory and attention; and increase the risk for future addiction to other drugs. The aerosol substance created by e-cigarettes can contain harmful substances, including nicotine, cancer-causing chemicals, flavorings linked to lung disease, and heavy metals such as nickel, tin and lead.

E-cigarettes come in many shapes and sizes. Some look like regular cigarettes, cigars or pipes, and others look like other items commonly used by youth such as pens and flash drives. They also come in kid-friendly flavors, which make them more appealing to youth.

In light of this information, and with recent reports of severe illnesses and death linked to vaping in the U.S., HSHS St. Vincent Hospital, HSHS St. Mary’s Hospital Medical Center and Prevea Health encourage parents and caregivers to be familiar with e-cigarettes so they can play a role in protecting children from their harmful effects.

Three things parents and caregivers can do:
1. Talk to your child or teen about why e-cigarettes are harmful for them.
2. Set a good example by being tobacco-free.
3. Learn about the different shapes and types of e-cigarettes and the risks of e-cigarette use by visiting: www.CDC.gov/e-cigarettes

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About HSHS St. Vincent Hospital and HSHS St. Mary’s Hospital Medical Center

HSHS St. Vincent Hospital and HSHS St. Mary’s Hospital Medical Center have been delivering quality health care to Green Bay and its surrounding communities since 1888. With HSHS St. Vincent being the largest tertiary care hospital and HSHS St. Mary’s location on Green Bay’s west side, patients from Northeastern Wisconsin and Upper Michigan benefit from a comprehensive range of services that include cancer care, women’s services, emergency and trauma care, preventive care across the lifespan, digestive health, orthopedic, cardiac care, neurosciences, rehabilitation and pediatrics. Affiliates of Hospital Sisters Health System, the hospitals primary purpose is to continue Christ’s healing love through the delivery of competent and compassionate health care in an environment sensitive to the needs of all people. Both hospitals are accredited by the Joint Commission of Accreditation of Healthcare Organizations.
About Hospital Sisters Health System
Hospital Sisters Health System’s (HSHS) mission is to reveal and embody Christ’s healing love for all people through our high quality, Franciscan health care ministry. HSHS provides state-of-the-art health care to our patients and is dedicated to serving all people, especially the most vulnerable, at each of our 15 Local Systems and physician practices in Illinois (Breese, Decatur, Effingham, Greenville, Highland, Litchfield, O’Fallon, Shelbyville and Springfield) and Wisconsin (Chippewa Falls, Eau Claire, Oconto Falls, Sheboygan, and two in Green Bay). HSHS is sponsored by Hospital Sisters Ministries. For more information about HSHS, visit www.hshs.org. For more information about Hospital Sisters of St. Francis, visit www.hospitalsisters.org.

About Prevea Health
Founded in Green Bay, Wis. in 1996, Prevea Health is a health care organization that provides high-quality, primary and specialty health care in 80+ locations across northern, eastern and western Wisconsin in clinic and hospital settings. It is partnered with six Hospital Sisters Health System (HSHS) hospitals across Wisconsin to provide patients a system of highly-coordinated care, close to home: HSHS St. Vincent Hospital and HSHS St. Mary’s Hospital Medical Center in Green Bay; HSHS St. Nicholas Hospital in Sheboygan; HSHS St. Clare Memorial Hospital in Oconto Falls; HSHS Sacred Heart Hospital in Eau Claire; and HSHS St. Joseph’s Hospital in Chippewa Falls. For more information, visit www.prevea.com.