What are the consequences of vaping and smoking?

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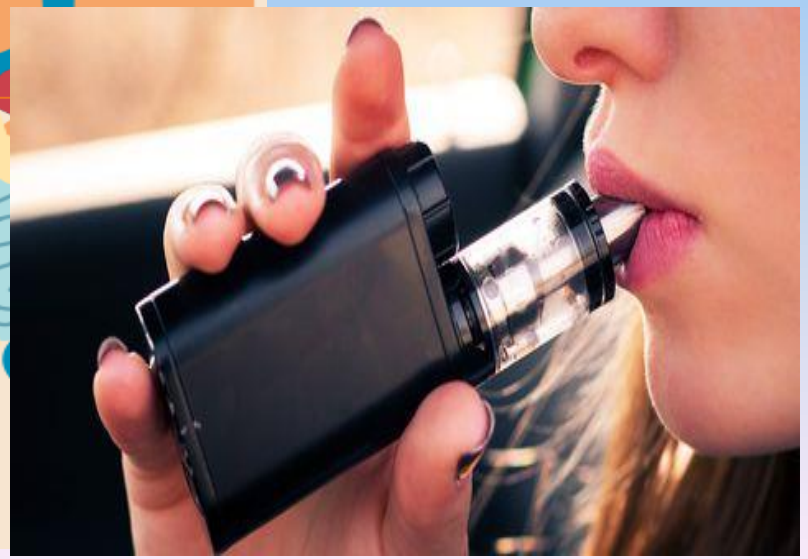
Side effects of vaping

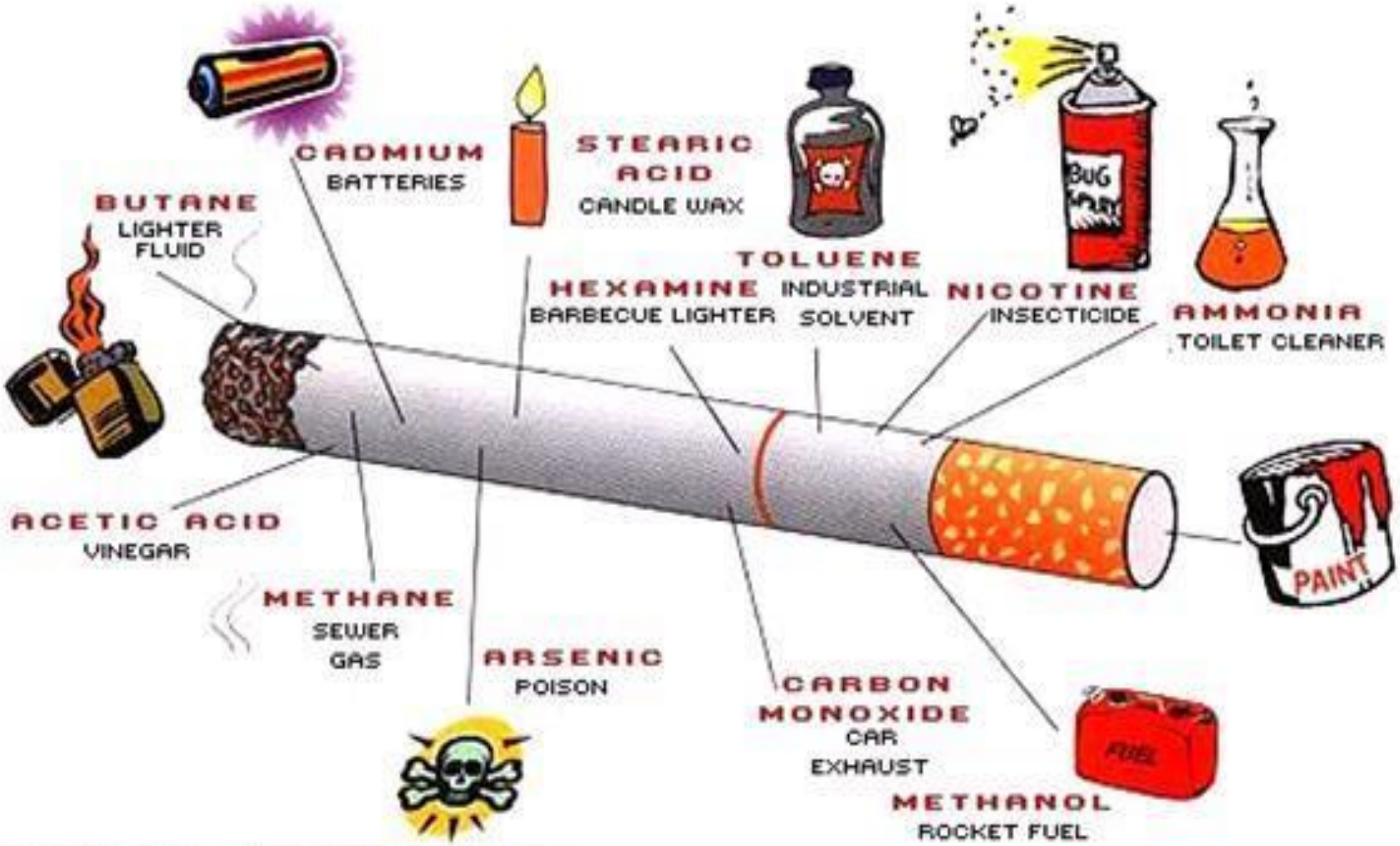
Mouth and airways
- Irritation
- Cough
- Increased airway resistance

Heart and circulation
- Chest pain
- Increased blood pressure
- Increased heart rate

Stomach
- Vomiting
- Nausea



Cigarette component



HTTP://TUBEROSE.COM/CIGARETTE_SMOKING.HTML

WHY YOU SHOULD QUIT

The health effects of smoking are well known. But there are all kinds of benefits to kicking the habit.

You'll live longer.
Your lungs will immediately work better. Within a year of quitting, your risk of heart attack declines by 50 percent. Within 10 years, your risk of lung cancer will be about the same as if you'd never smoked at all.

You'll smile brighter.
Nicotine and tar stain your teeth.

You'll get sick less often.
Smoking damages your airways and makes you more prone to coughs, colds and infections.

Food will taste better.
Smoking interferes with your senses of taste and smell.

Your cholesterol will improve.
Smoking reduces HDL ("good") cholesterol and may alter LDL ("bad") cholesterol so it leads to plaque in our arteries.

You'll look younger.
Nicotine can block the blood supply to your skin, and smoke dries your skin, both of which can increase wrinkles.

You'll have more money in your pocket.

The average packet of 20 cigarettes costs £9 if you smoked one packet a day it would cost you £3285 a year!

UKHealthCare

WARNING
SMOKING DAMAGES
YOUR TEETH

These two ladies are identical twins, can you guess which one has been smoking. Smoking ages your skin

Task- complete the questions whilst watching the video

https://www.youtube.com/watch?v=Y18Vz51Nkos 5 min

1. How much chemicals are in contact with body when someone smokes?
2. What does tar do to the teeth?
3. What happens to your sense of smell if you smoke?
4. What can smoking to the lungs?
5. What chemical makes smoking addictive?
6. What 2 additives cause more damage?
7. state 3 cancers that smoking can cause.
8. After stopping smoking for one day what risk has decreased?
9. After 10 years of not smoking what has your chance of cancer reduced by?

Self-assess in re

1. How much chemicals are in contact with body when someone smokes?

5000

2. What does tar do to the teeth?

Blackens teeth and causes decay

3. What happens to your sense of smell if you smoke?

Damages it

4. What can smoking do to the lungs?

Creates diseases, bronchitis

5. What chemical makes smoking addictive?

nicotine

6. What 2 additives cause more damage?

Arsenic/ nickel

7. state 3 cancers that smoking can cause.

Lung, throat, mouth, nose, liver, bladder, kidney, stomach

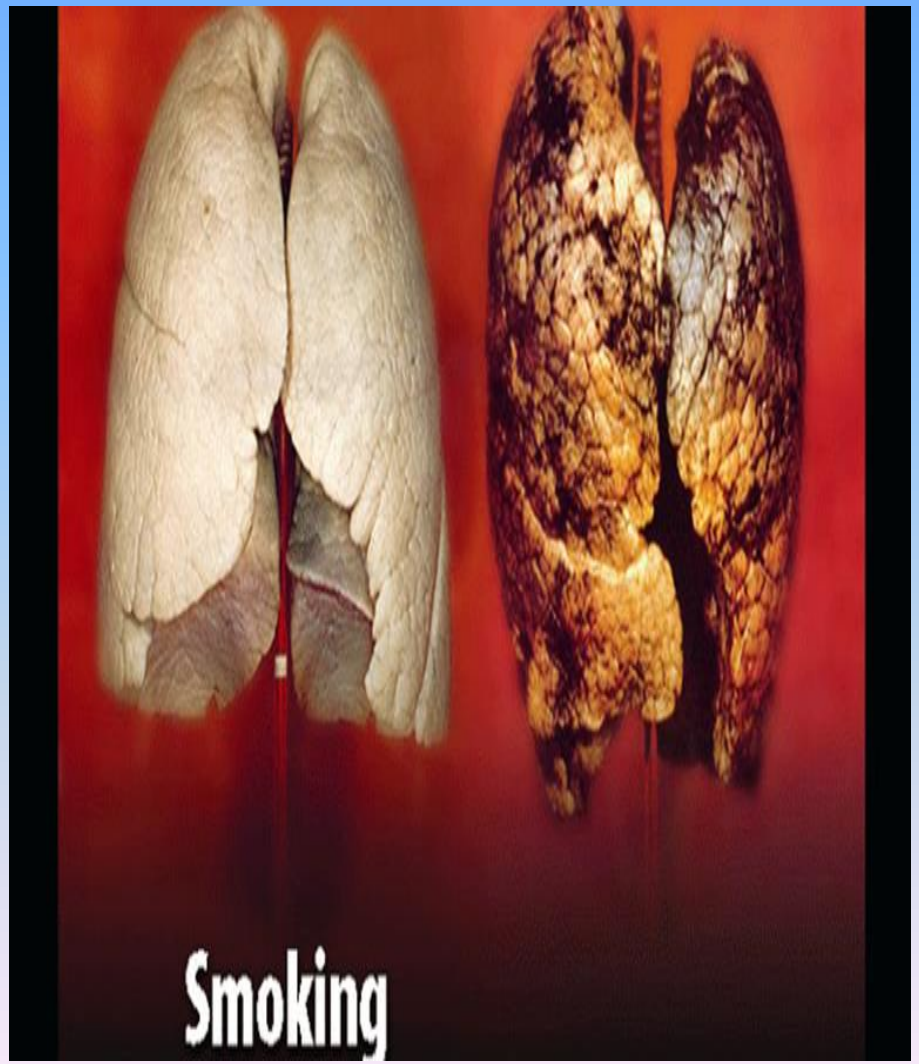
8. After stopping smoking for one day what risk has decreased?

Risk of heart attack

9. After 10 years of not smoking what has your chance of cancer reduced by?

50%

Lung Cancer



Smoking causes around 7 in 10 lung cancer cases in the UK, which is also the most common cause of cancer death.

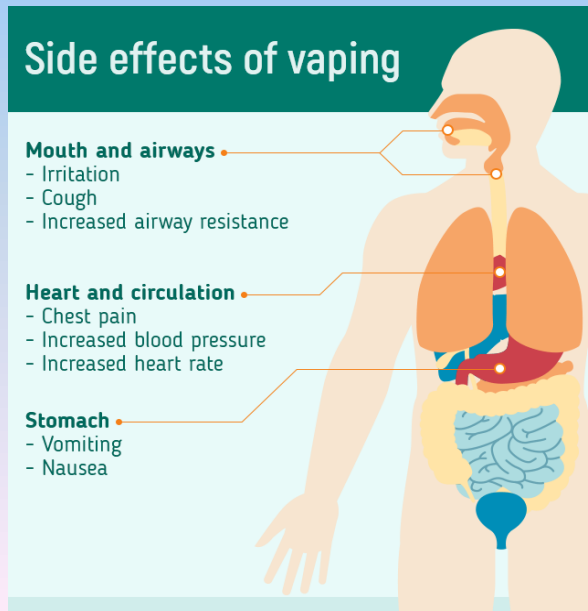
If someone makes the decision to quit smoking, it is best to talk to a doctor or pharmacist or by visiting the NHS Smokefree they will provide you with the best advice.

Some people try nicotine patches or moving on to e-cigarettes as a way to quit.

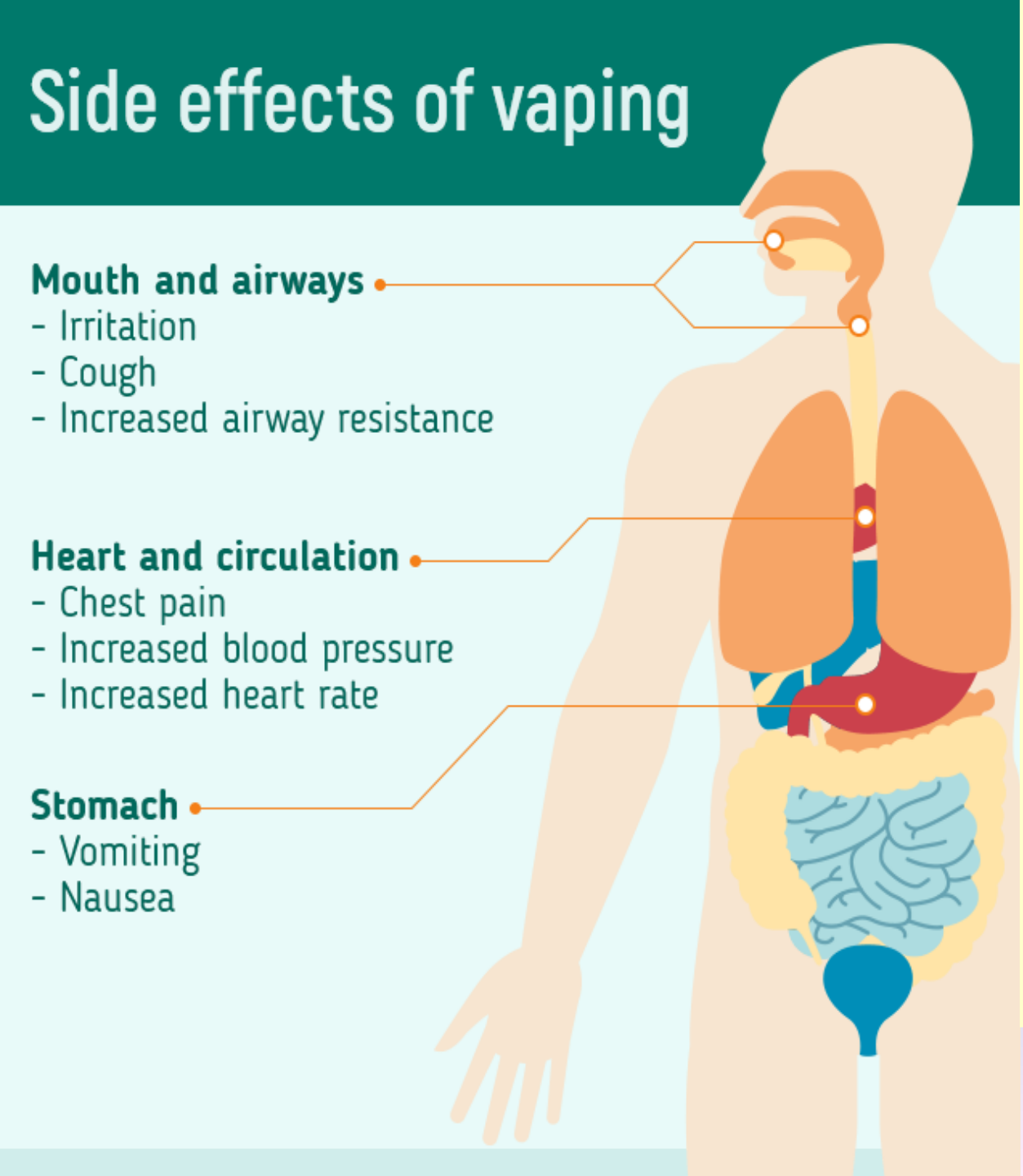
Vaping has grown in popularity and was originally seen as a way to reduce smoking cigarettes and to stop smoking entirely. It is **95% less harmful than smoking**.

However, some people and young people are seeing it as a lifestyle choice and as a bit of fun (as it can come in a variety of flavours)thinking that it is safe. However, we do not know the long term side effects of vaping.

Vaping is not cheap. It costs about £20 (needs replacing each month) for the device and about £10 for the vapour (weekly) costing you £760 a year! **You cannot buy an e-cigarette until you are 18**.



Side effects of vaping



When heated and inhaled, the toxins pose many health dangers including “popcorn lung,” (lung scaring) and leads to breathing problems, cancer, heart disease, heart attacks, lungs and bladder damage, can affect neurological health, especially in teens whose brains are still developing.

Task- complete the questions whilst watching the video

https://www.youtube.com/watch?v=9dZS_Rniak0 4 min 38

1.When did the first e-cigarette appear?

2. Heating the e-liquid will cause a …..

3. What chemical do both cigarettes and e-cigarettes contain?

4. Nicotine is so addictive it is the same as……

5. What do some of the additives in e-cigarettes cause?

6. Why are e-cigarettes not allowed on planes?

7. Who did e-cigarette/ tobacco companies target?

8. Do companies fully know the long term effects of smoking e-cigarettes?

Self-assess in re

1.When did the first e-cigarette appear?

2003

2. Heating the e-liquid will cause a …..

Vapour

3. What chemical do both cigarettes and e-cigarettes contain?

Nicotine

4. Nicotine is so addictive it is the same as……

Heroin and cocaine.

5. What do some of the additives in e-cigarettes cause?

cancer, popcorn lung

6. Why are e-cigarettes not allowed on planes?

The batteries can explode

7. Who did e-cigarette/ tobacco companies target?

The young/teenagers

8. Do companies fully know the long term effects of smoking e-cigarettes?

No, they have not been around long enough for us to know the damage.

Making an Informed Choice

Explanation

Vaping is more harmful than you think

Explanation

Vaping is more harmful than you think

- Vaping has significant side effects
- Vape liquid contains toxic, metal particles and carcinogenic chemicals
- The devices can be dangerous – injuries due to the batteries in the device
- They can cause respiratory illnesses
- They contain a higher concentration of nicotine
- Vaping can cause lung injury
- Vaping can affect your mental health and wellbeing

Explanation

Why do young people vape?

- Curiosity about the flavours
- Vapes are made to look attractive and fun
- Wanting to fit in
- Believe they are less harmful than cigarettes
- Easier to get and cheaper than cigarettes
- Existing mental health issues – self medication
- Becomes habitual overtime

Explanation

Feeling pressured to give vaping a try?

- “No thanks, I’m not interested,”
- “You guys can, but I don’t want to.”
- “No thanks, vaping isn’t for me.”
- “No, not my thing thanks.”

Say with direct eye contact and assertive body language

Explanation

Getting Help

- Is vaping affecting my health?
- Is vaping controlling my life?
- How does vaping affect the way I think and feel?
- How does vaping affect my relationships with my friends, parents, boyfriend/girlfriend, or other people important to me?
- How does vaping or thinking about vaping interfere with my schoolwork or grades?
- Are there activities that I used to enjoy that I don’t enjoy anymore because of vaping?
- Am I spending a lot of money to keep vaping?
- What am I looking forward to the most after quitting?

Rule of Law

- No way at TMA
- Illegal to buy and use
- Consequences if in possession of equipment
- Spot searches of belongings
- Highly poisonous

- NO WAY AT TMA!