



Thinking Critically

Thinking Critically: E-Cigarettes and Vaping

Christine Wilcox

E Cigarettes Vaping Thinking Critically Christine

**Virginia Berridge, Ronald Bayer, Amy L.
Fairchild, Wayne Hall**

E Cigarettes Vaping Thinking Critically Christine:

E-cigarettes and Vaping Christine Wilcox,2016 This book introduces students to the complex issues related to e cigarettes and vaping including whether e cigarettes and vaping are a health hazard whether the e cigarette industry targets minors whether e cigarettes and vaping are a gateway to tobacco products and whether e cigarettes and vaping should be regulated

E-cigarettes and Vaping Christine Wilcox,2016 Through a narrative driven pro con format supported by relevant facts quotes anecdotes and full color illustrations this title examines issues related to e cigarettes and vaping

Thinking Critically John Allen,2023 By 2007 giant tobacco had begun selling their own versions of e cigarettes They marketed e cigarettes as so called smoking cessation devices or aids to help smokers quit their dangerous habit They claimed e cigarettes were a more effective version of nicotine patches and nicotine gum which delivered the addictive substance in a less hazardous form The federal government pushed back against e cigarettes and teen vaping due to its health consequences Researchers found that vapor from e cigarettes is dangerous It contains toxic chemicals such as formaldehyde and acrolein that could cause cancer and lung disease It also contains heavy metals and volatile organic compounds that increase the risk of lung damage In addition the nicotine in e cigarettes is not only highly addictive it can also affect brain development in young people

Vaping Terri Dougherty,2022 Vaping has been promoted as a safer alternative to traditional cigarettes yet e cigarettes are far from safe This book explores the addictive nature of vaping and the health dangers e cigarettes pose to teens It examines the evolution of vaping and the tactics used to circumvent regulations and keep vapes on the market It provides information for teens who need to think critically about these products and how they impact their health

Quitting Smoking & Vaping For Dummies Charles H. Elliott,Laura L. Smith,2019-12-23 Give up smoking and vaping for good Most people know that smoking is bad for their health and believe vaping is a better alternative Now vaping has become a national epidemic and shows no sign of slowing Quitting Smoking Vaping For Dummies delivers facts about the differences between smoking and vaping the effects on their short term and long term health and how addiction works Whether you re a smoker or a vaper or have a loved one that needs to break the habit this trusted guidebook walks you through building a personal quitting plan Offering information on new and effective medication treatments Cognitive Behavior Therapy CBT and building resilience it sets you or a family member on the path to recovery This book breaks down the psychology of your addiction so you can identify the methods that are most useful and effective for becoming smoke free for good Start your recovery today and look forward to a long and healthy life Inside Determine your quit day Change thought patterns Explain the dangers of vaping to children teens Avoid or move past relapses Recognize the risks Deal with triggers Help a loved one quit

Episodic Future Thinking as an Intervention for Dependent E-cigarette Users B. Eric Turnquist,2022 There has been an alarming increase in e cigarette use and dependence among young people many of whom would like to quit using e cigarettes but are finding it difficult to do so Impulsivity is associated

with drug taking across many different types of drugs including nicotine. In prior research with cigarette smokers, cognitive interventions designed to reduce impulsivity such as Episodic Future Thinking (EFT) have been shown to reduce cigarette demand and self-administration. The aim of the present study was to test if a brief EFT intervention decreases nicotine craving, impulsivity, and smoking choice among daily young adult e-cigarette users. Participants (N = 33; M = 21 years of age; 63% female; M = 13 e-cig uses per day) attended three within-subjects experimental sessions administered via Zoom. After a baseline acclimation session, participants attended two experimental sessions in counterbalanced order: 1) EFT in which they pre-experienced and described positive future events, and 2) A control intervention in which they described their experiences watching three short videos. Measures of craving, mood, and delay discounting across three commodities (money, e-cigarette products, and food) were completed before and after the manipulations. Within-subjects repeated measures ANOVAs revealed decreases in monetary delay discounting and craving in response to EFT. At the end of each session, participants also took part in a 40-minute vaping vs. money choice task. While survival analyses were not significant, 30.3% of participants chose to smoke after the EFT condition compared to 39.4% after the control condition. Additional research is needed to support the efficacy of EFT as a brief intervention for helping e-cigarette users increase their ability to abstain. Tobacco Regulation, Economics, and Public Health, Volume II Samuel C. Hampsher-Monk, James E. Prieger, Sudhanshu Patwardhan, 2024-05-30

For millions, e-cigarettes provide a means to relieve nicotine cravings while avoiding harmful cigarette smoke. In the second volume in this three-volume resource, the authors provide a critical review of evidence concerning the health effects of vaping and whether using e-cigarettes helps or hinders cessation from smoking. The empirical evidence, however, does not help decision makers resolve the normative questions relating to e-cigarettes. Different priorities, values, and interpretations of available data have led to seemingly intractable disagreements between stakeholders about the promise of e-cigarettes for smoking cessation and the risks they pose to public health. The misinformation and motivated bias surrounding issues regarding vaping both follow from but also enhance polarization, perpetuating confusion about e-cigarettes and leading to poor decision making by government agencies and people who smoke. The authors argue that ultimately the safety and efficacy of e-cigarettes for smoking cessation are not immutable properties of the product class itself; rather, they are dynamic but are also contingent upon the conditions of the regulatory environment and the manner in which e-cigarettes are discussed by regulators and the media. This volume provides important context to help decision makers at all levels better understand the risk and benefits of e-cigarettes and the tradeoffs between them. Public Health Consequences of E-Cigarettes National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on the Review of the Health Effects of Electronic Nicotine Delivery Systems, 2018-06-18

Millions of Americans use e-cigarettes. Despite their popularity, little is known about their health effects. Some suggest that e-cigarettes likely confer lower risk compared to combustible tobacco cigarettes because they do not

expose users to toxicants produced through combustion Proponents of e cigarette use also tout the potential benefits of e cigarettes as devices that could help combustible tobacco cigarette smokers to quit and thereby reduce tobacco related health risks Others are concerned about the exposure to potentially toxic substances contained in e cigarette emissions especially in individuals who have never used tobacco products such as youth and young adults Given their relatively recent introduction there has been little time for a scientific body of evidence to develop on the health effects of e cigarettes Public Health Consequences of E Cigarettes reviews and critically assesses the state of the emerging evidence about e cigarettes and health This report makes recommendations for the improvement of this research and highlights gaps that are a priority for future research

E-Cigarettes Yin-Hui Leong,Ahmad Shalihin Mohd Samin,2025-06-12 This book provides an overview of the diverse effects of electronic cigarettes vapes on human health and their regulatory concerns It includes a thorough examination of e cigarettes covering their historical evolution chemical composition metabolomic analysis health effects regulatory landscape and the concerning issue of e cigarette or vaping associated lung illness EVALI through compelling case studies As the e cigarette market constantly evolves introducing new e liquid formulations the book addresses the rising challenges in regulation and monitoring It also answers critical questions and serves as a reference for e cigarette researchers and its broader societal implications This book contains concise practical insights for physicians toxicologists and chemists It is also relevant for public health experts policymakers tobacco dependence treatment providers tobacco control advocates activists health educators and enthusiasts alike

Patterns of Use and Biomarkers of Exposure Among 'dual' Tobacco Cigarette and Electronic Cigarette Users in Canada Christine Daria Czoli,2017 Background Tobacco use remains the leading risk factor for preventable disease in Canada Although tobacco smoke is the direct cause of smoking induced diseases nicotine addiction sustains the use of tobacco Electronic cigarettes e cigarettes are battery powered devices that deliver nicotine in an aerosol form Despite a restriction on the sale of nicotine containing e cigarettes in Canada products with and without nicotine are accessible to Canadians Although e cigarettes are likely to be much less harmful than tobacco cigarettes empirical evidence of potential reduced risk at the individual level is limited To date behavioural switching studies involving tobacco cigarettes and e cigarettes are limited by restrictions placed on e cigarette user and product characteristics and few have examined biomarkers of exposure among concurrent dual users of these products Furthermore although dual users constitute the majority of e cigarette users in Canada little is known about their behaviour The current study seeks to fill several critical evidence gaps regarding dual users patterns of use and exposure to nicotine and tobacco smoke constituents in the Canadian context Objectives The study examined 1 Patterns of use and perceptions of tobacco cigarettes and e cigarettes among dual users In the context of product switching the study examined 2 Exposure to nicotine and compensatory behaviour 3 Exposure to tobacco smoke constituents 4 Symptoms of nicotine withdrawal for tobacco cigarettes and e cigarettes respectively 5 Self efficacy for abstaining from smoking tobacco cigarettes

and using e cigarettes respectively and 6 Perceived respiratory health *Electronic Cigarettes and Vape Devices* Susan Chu Walley, Karen Wilson, 2021-08-12 Electronic cigarettes E cigarettes also known as vape devices or by trade names such as JUUL are handheld devices that aerosolize liquid commonly containing nicotine humectants and flavorings Used by 1 in 5 high school students in 2020 they are the most common tobacco product used by youth E cigarette use has been associated with a variety of health issues such as nicotine addiction e cigarette or vaping associated lung illness EVALI seizures and increased risk of cardiovascular disease This first of its kind book begins with an introduction and background on the historical context of tobacco products The next chapters provide an overview of the e cigarette landscape and reviews the e cigarette devices and solutions and the evolution of these products This is followed by reviews of the health effects of e cigarettes on users and non users and includes recommendations for prevention and treatment of youth e cigarette use The last few chapters address the public health impact of e cigarettes with a review of the evidence of e cigarettes in smoking cessation The book closes with policy and advocacy approaches and a resource page E cigarette and vape device use pose a public health crisis This book contains succinct practical information and is a key reference for pediatricians as well as clinicians of all specialties It also serves as a resource for health professionals including tobacco dependence treatment providers and public health experts e-Cigarettes Elissa Bass, 2015-07-15 The Risks of Addictive Nicotine and Toxic Chemicals E cigarettes are sold to help people quit using cigarettes but they present dangers of their own Despite assurances from producers that the devices are safe there are warnings from health experts that they use can be addictive and contain carcinogens Included among the sidebars is one detailing the real dangers of these devices to children Teens can learn the benefits of these devices what s in the vapor they are inhaling how the vapor can harm them and the improper way e cigs are used They can also discover ways they can help others kick the e cigarette habit Addicted to E-Cigarettes and Vaping Carla Mooney, 2019 In a few short years e cigarettes have exploded in popularity especially among teens These devices often pack a strong punch of a highly addictive drug called nicotine and many who vape will become addicted Addicted to E Cigarettes and Vaping presents a realistic picture of addiction the effects of addiction on people s lives and how addiction can be overcome The Dangers of Vaping Lisa Idzikowski, 2019-12-15 Vaping is the act of smoking an e cigarette or a similar device These devices don t produce smoke but they re still dangerous The vapor that e cigarette users inhale and exhale includes fine particles with toxic chemicals Many of these chemicals are carcinogens that are also linked to respiratory and heart disease Many e cigarettes use a liquid that contains nicotine Other people use e cigarettes to vape other drugs Readers will learn the truth about vaping and how to address peer pressure to try it Informative fact boxes provide readers with statistics regarding the dangers of this popular activity A Parent's Guide to Vaping Axis, 2018-08-01 New statistics show that teens are starting to vape i e use e cigarettes at a high rate despite the lack of research into its risks and harms This guide looks into what vaping is what can be vaped how it can be concealed how risky it is how easily minors

can access it and more Parent Guides are your one stop shop for biblical guidance on teen culture trends and struggles In 15 pages or fewer each guide tackles issues your teens are facing right now things like doubts the latest apps and video games mental health technological pitfalls and more Using Scripture as their backbone these Parent Guides offer compassionate insight to teens world thoughts and feelings as well as discussion questions and practical advice for impactful discipleship

Vaping Andrew Karpan,2019-07-15 Though first introduced in 2003 vaping s popularity has rapidly increased in recent years Vaping involves the inhalation of aerosols and is generally considered safer than smoking tobacco but little is currently known about its health impacts Additionally although evidence suggests that vaping can help curb tobacco smoking there is also concern that it increases addiction among non smokers especially children and teenagers This concern is exacerbated by marketing strategies for electronic cigarettes which often seem targeted toward young people The perspectives in this resource explore the facts that are currently available on vaping along with its relationship to addictive substances

E-Cigarettes and the Comparative Politics of Harm Reduction Virginia Berridge,Ronald Bayer,Amy L. Fairchild,Wayne Hall,2023-05-30 This open access book offers the first in depth study of the history and current debates surrounding electronic cigarettes comparing the UK US and Australia Since their introduction e cigarettes have been the subject of much public media and regulatory attention with discussion centring on whether these devices encourage or discourage smoking This study delves into the history of policymaking and institutions in three countries which have taken different approaches to the regulation of e cigarettes In the UK the tradition of harm reduction through nicotine has helped form a response which has endorsed e cigarettes though not without considerable controversy In contrast the US has a cessation only anti tobacco agenda and Australia has effectively banned e cigarettes This book argues that each country frames the long term use of nicotine differently and prioritises the health of different groups within the population of smokers or non smokers set against a broad backdrop of national responses to addiction By taking this comparative approach the authors explore the relationship between history evidence and policy in public health more widely

E-Cigarettes Drew Iguina,2021-04-13 What is the difference between e cigarettes and vaping 5 Vaping Facts You Need to Know Know the Risks E cigarettes Young People In this book you ll read how easy it was to perpetrate such a dangerous product like e cigarettes about how a simple design supposedly created for one use became a public health hazard once dollars were the prize about the lack of scientific testing before the release of vapes and about what is being done now so this never happens again

Virgin Vaping Cris Egger,2014-08-10 Are you sick of smoking Have you heard of electronic cigarettes but hesitate to take the plunge Have you tried e cigs and found them lacking Are you ready to make the switch Electronic cigarettes AKA Personal Vaporizers are exploding in popularity Everyday smokers just like you are switching to vaping and improving their health and lifestyle Switching isn t always easy though Starting out the right way is the surest path to success In Virgin Vaping the first book in the Vape Right series you will learn everything you need to know to get started with electronic

cigarettes the right way From learning the lingo to selecting an e cigarette kit that works Virgin Vaping takes you step by step into the world of vaping Get answers to beginner questions like what electronic cigarette to buy what s in the vapor that is going into your body how do you vape correctly and many more In Virgin Vaping you will learn just the basics you need to make a successful switch from traditional cigarettes to personal vaporizers The Vaping Controversy Laurie Collier Hillstrom, This work provides an evenhanded and authoritative overview of vaping and its impact on American culture and public health especially among younger Americans The 21st Century Turning Points series is a one stop resource for understanding the people and events changing America today This volume is devoted to the rapid rise of vaping across the nation especially among young people This trend has prompted fierce debate in communities across the country with some people heralding e cigarettes and other vaping devices as valuable smoking cessation tools and others condemning them for being unhealthy in their own right and a gateway to future cigarette consumption The Vaping Controversy describes the key events and people that provided the foundation for the rise of e cigarettes and vaping from governmental and medical efforts to reduce traditional cigarette smoking to the emergence and rapid spread of an entire industry devoted to selling vaping devices and accessories This volume also explores how vaping has influenced youth culture and high school life its impact on old school tobacco companies and the increasingly visible partisan divide in attitudes about the public health impact of vaping

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