



Health Beat



Health news and facts compiled by the Meriden Public Library

November 2017

Teens Attracted to E-Cigarettes

E-cigarettes are popular among teens and are now the most commonly used form of tobacco among youth in the United States.

Their easy availability, alluring advertisements, various flavors, and the belief that they're safer than cigarettes have helped make them appealing to this age group.

A study of high school students found that one in four teens reported using e-cigarettes for *dripping*, a practice in which people produce and inhale vapors by placing e-liquid drops directly onto heated atomizer coils. More research is needed on the risks of this practice.

Early evidence suggests that e-cigarette use may serve as an introductory product for preteens and teens who then go on to use other tobacco products.

However, more research is needed.

Minors can not legally buy e-cigarettes in stores or online.

—National Institutes of Health/
National Institute on Drug Abuse

E-Cigarettes Contain Nicotine, But Health Risks Uncertain

E-cigarettes, or electronic cigarettes, are battery-operated smoking devices.

They often look like cigarettes, but work differently.

Using an e-cigarette is called “vaping.” The user puffs on the mouthpiece of a cartridge.

This causes a vaporizer to heat the liquid inside the cartridge. The liquid contains nicotine, flavorings and other chemicals.

The heated liquid turns into the vapor that is inhaled.

Some people think that e-cigarettes are safer than cigarettes, and that they can be used to help people quit smoking.

But not much is known about the health risks of using them, or whether they do help people quit smoking.

However, we do know

about some dangers of e-cigarettes:

- They contain nicotine, which is addictive
- They contain other potentially harmful chemicals



- There is a link between e-cigarette use and tobacco cigarette use in teens
- The liquid in e-cigarettes can cause nicotine poisoning if someone drinks, sniffs, or touches it.

—National Institutes of Health/
National Institute on Drug Abuse

Access Health CT

Open enrollment — Nov. 1-Dec. 22 for coverage starting Jan. 1, 2018 for health insurance through the Affordable Care Act.

In Meriden area: Central Connecticut State University, Institute of Technology & Business Development, Rooms 4030300 & 4040400, 185 Main St., New Britain, Monday - Friday: 9:30 a.m. - 4:30 p.m.

How Does an E-Cigarette Work?

Most e-cigarettes consist of four different parts, including:

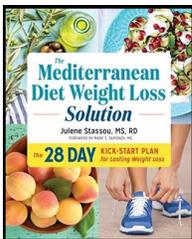
- A cartridge or reservoir, which holds a liquid solution (*e-liquid* or *e-juice*) containing varying amounts of nicotine, flavorings, and other chemicals
- A heating element (atomizer)
- A power source (usually a battery)
- A mouthpiece that the person uses to inhale

In many e-cigarettes, puffing activates the battery-powered heating device, which vaporizes the liquid in the cartridge. The person then inhales the resulting aerosol or vapor (called *vaping*).

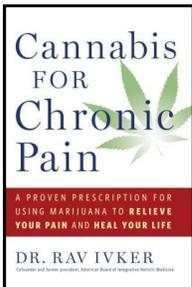
—National Institutes of Health
/National Institute on Drug Abuse

New Books at the Meriden Public Library

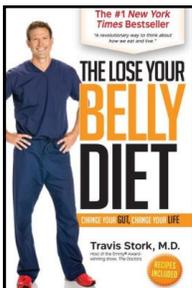
These health-related books can be found in the “New Books” area:



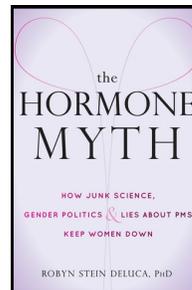
The Mediterranean Diet Weight Loss Solution: The 28-Day Kick-Start Plan for Lasting Weight Loss by Julene Stassou, 641.56 ST



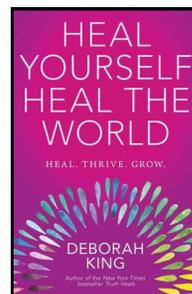
Cannabis for Chronic Pain: A Proven Prescription for Using Marijuana To Relieve Your Pain and Heal Your Life by Rav Ivker, 615.78 IV



The Lose Your Belly Diet: Change Your Gut, Change Your Life by Travis Stork, 613.25 ST



The Hormone Myth: How Junk Science, Gender Politics, & Lies About PMS Keep Women Down by Robyn Stein DeLuca, 612.405 DE



Heal Yourself -- Heal the World by Deborah King, 615.852 KI



Gasping for Air: How Breathing Is Killing Us and What We Can Do About It by Kevin Glynn, 616.2 GL