

# ESCAPE-THE-VAPE

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## Presentation concept

INTERVENTION will address :

- Vaping use
- Vaping initiation
- Education

Target:  
High School  
students

OUTCOME:

- Reduce use of vaping devices
- Reduce vaping initiation



TYPE IN CHAT  
YOUR RESPONSE

ON A SCALE OF 1-10 HOW HARMFUL DO YOU  
BELIEVE VAPING IS ?

( 1 Least harmful 10 most harmful )

E-Cigarettes questionnaire

1. What is your gender?
  - Male
  - Female
  - Other
2. What grade are you in?
  - Freshman
  - Sophomore
  - Junior
  - Senior
3. What is your smoking status ?
  - Nonsmoker
  - Smoker
  - ex- smoker
4. How did you learn about E- cigarettes?
  - Social media/television
  - Another student
  - Family
  - Don't know about it
5. Are you able to define what a E-cigarette is?
  - Yes
  - No
6. Do you floss 2x/day ?
  - Yes
  - No
  - Once in a while
7. How many times do you brush?
  - 1x a day
  - 2x a day
  - Once a week
  - other :
8. Do you use mouthwash 2x/day
  - Yes
  - No
  - Once in a while
9. Do you believe E-cigarettes are safe to use?
  - Yes
  - No
10. State one way that e-cigarettes can affect your oral health ?

a.

Please  
answer to  
the best of  
your  
ability

# What is an E-cigarette?

- Vaping is the use of electronic cigarettes or e-cigarettes
- What it does is heat up a liquid solution, which turns to an aerosol then is inhaled into the lungs
- It usually contains nicotine, flavorings and other chemicals
- E-cigarettes can deliver marijuana and other drugs
- E-cigarettes come in many shapes and sizes.



## VARIETY OF E-CIGARETTE DEVICES



**Cig-A-Like**  
Early generation  
disposables that  
deliver nicotine



**Tank Devices**  
Larger size providing  
for more rapid  
inhalation



**Pod/Mod**  
Type of e-cigarette  
with high levels of  
nicotine



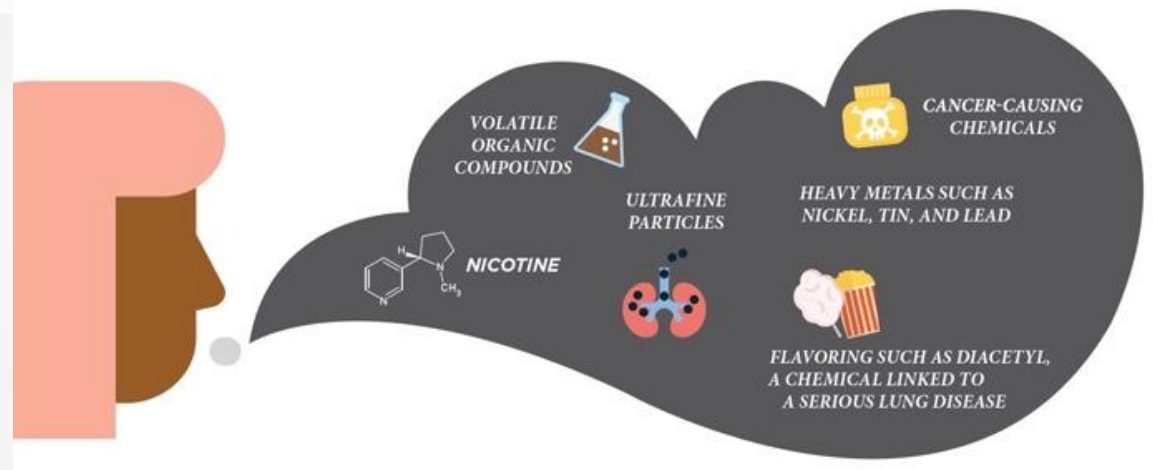
**Vape Pens**  
Refillable and  
adjustable  
battery-operated  
pens

Tanks, vape pens, and pods/pod mods can be used for vaping nicotine, flavors, or cannabis



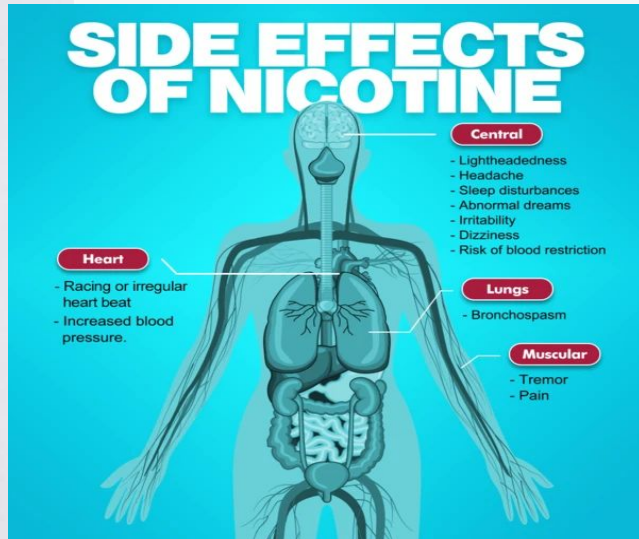
## What E-cigarettes contains

- ▣ Nicotine
- ▣ Cancer causing chemicals
- ▣ Heavy metals such as nickel, tin and lead
- ▣ Flavoring such as diacetyl
- ▣ Ultrafine particles that can be inhaled deep into the lungs



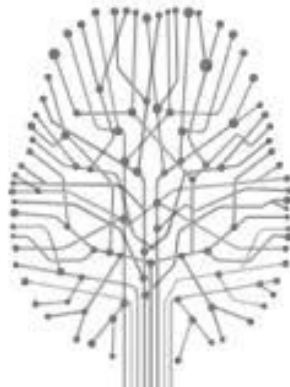


## How E-cigarettes can affect your body



- ☒ Nicotine is highly addictive
- ☒ Harms adolescents and young adults brain development
- ☒ E-cigarettes liquid can be poisonous if swallowed, breathed in and absorbed through the skin or eyes.

Until about age 25, the brain is still growing.



## How E-cigarettes can affect your body

- ❑ Can cause cancer, heart diseases, lung diseases, and diabetes
- ❑ Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system
- ❑ The long-term health consequences of vaping are still being studied. Recent studies report serious lung damage in people who vape, and even some deaths.

## Side effects of vaping

### Mouth and airways

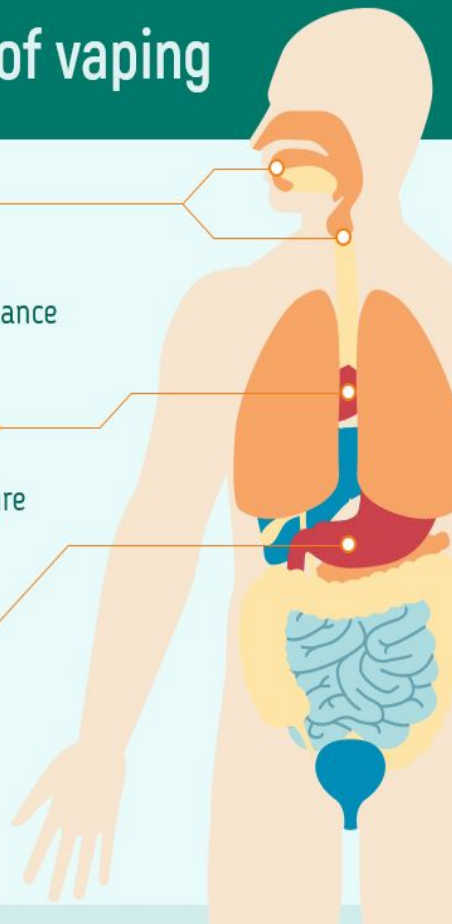
- Irritation
- Cough
- Increased airway resistance

### Heart and circulation

- Chest pain
- Increased blood pressure
- Increased heart rate

### Stomach

- Vomiting
- Nausea



YAHOO! HEALTH

### Brain

Dopamine levels increase as nicotine from the e-cigarette enters the brain.

### Mouth

Some users report cotton mouth, scratchy throat, and coughing.

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### Heart

E-cigarettes with nicotine raise heart rate and blood pressure.

### Lungs

Nanoparticles from e-cigarette vapor might be embedded in the lungs, causing inflammation and raising infection risk.

YOUR BODY

IMMEDIATELY AFTER VAPING AN  
*E-Cigarette*

Here's what's going on in your body after you vape.

# Effects of E-cigarettes on your oral health

- ❖ E-liquids can cause dry mouth, which might lead to cavities
- ❖ May promote periodontal disease
- ❖ Change teeth color
- ❖ Lead to tooth loss
- ❖ Increases the bacteria in your mouth 4x
- ❖ Damages tissue of the mouth



## Effects of E-cigarettes on your oral health

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▣ Bad breath



▣ Bleeding gums



▣ Mouth sores



E-cigarettes can lead to ...



## Real life testimonies

<https://vm.tiktok.com/ZMemjdgBm/>

- ▣ By using the hashtag #quitvaping on TikTok or any social media platform you can watch over a million videos on teenagers experience with quitting vaping and you can follow their experiences and/or reasoning on why they quit

**Look past  
the smoke  
and mirrors  
of vaping.**

**THE REAL COST** 



<https://images.app.goo.gl/qokuq4uVynWsrZoM9>









## How to quit

- ☒ Give yourself time and get prepared
- ☒ Focus on the positive
- ☒ Talk to an adult or doctor. Don't be afraid to ask for help or help others
- ☒ Get free, personalized support from an expert. Call 1-800-QUIT-NOW or 1-877-44U-QUIT to talk with a tobacco cessation counselor.

## FILL OUT THE POST EVALUATION QUESTIONNAIRE

1. Now that you have learned about e-cigarettes and its dangers on a scale from 1-10 how harmful do you believe they are ? (10 being the most harmful)
2. What is an E-cigarette
3. Name one way E-cigarettes can affect your body.
4. Name one way E-cigarettes can affect your mouth.
5. How are E-cigarettes dangerous?
6. Do you still believe that E-cigarettes are safe to you? Why or why not?
7. Name one way in which this experience helped you

## RESULTS

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Around 85% of the students were able to answer the post-evaluation questions correctly. Our program accomplished the goals set out. The main goal was to teach the students about the dangers of e-cigarettes. The post-evaluation exceeded our expectations by 35%. This proved our free program, *Escape-the-Vape*, to be effective.

# INFOGRAPHIC + Goodie bag !

## ESCAPE-THE-VAPE

**DON'T GET SUCKED IN !**  
E-cigarettes are NOT a risk FREE product

Escape-the-Vape is a health education program designed for high school students, grades 9 through 12. It is school based and includes educational information and brochures on e-cigarettes, along with its associated dangers.



### 1 WHAT ARE E-CIGS

E-cigarettes are electronic cigarettes which you inhale to produce an aerosol. They come in different sizes and forms, such as USB, pens and cigarettes.



### 2 WHAT IS INHALED ?

- contains flavors like diacetyl which has been linked to lung disease
- chemicals that have been linked to cause cancer
- Heavy metals like lead



### 3 DANGERS

E-cigarettes often contain nicotine a highly addictive drug that alters brain development. One e-cigarette pod has as much nicotine as a pack of cigarettes.



### 4 SAY GOODBYE TO PEARLY WHITES

Using e-cigarettes can lead to

- Gum disease
- Cavities
- Stained teeth
- Dry mouth



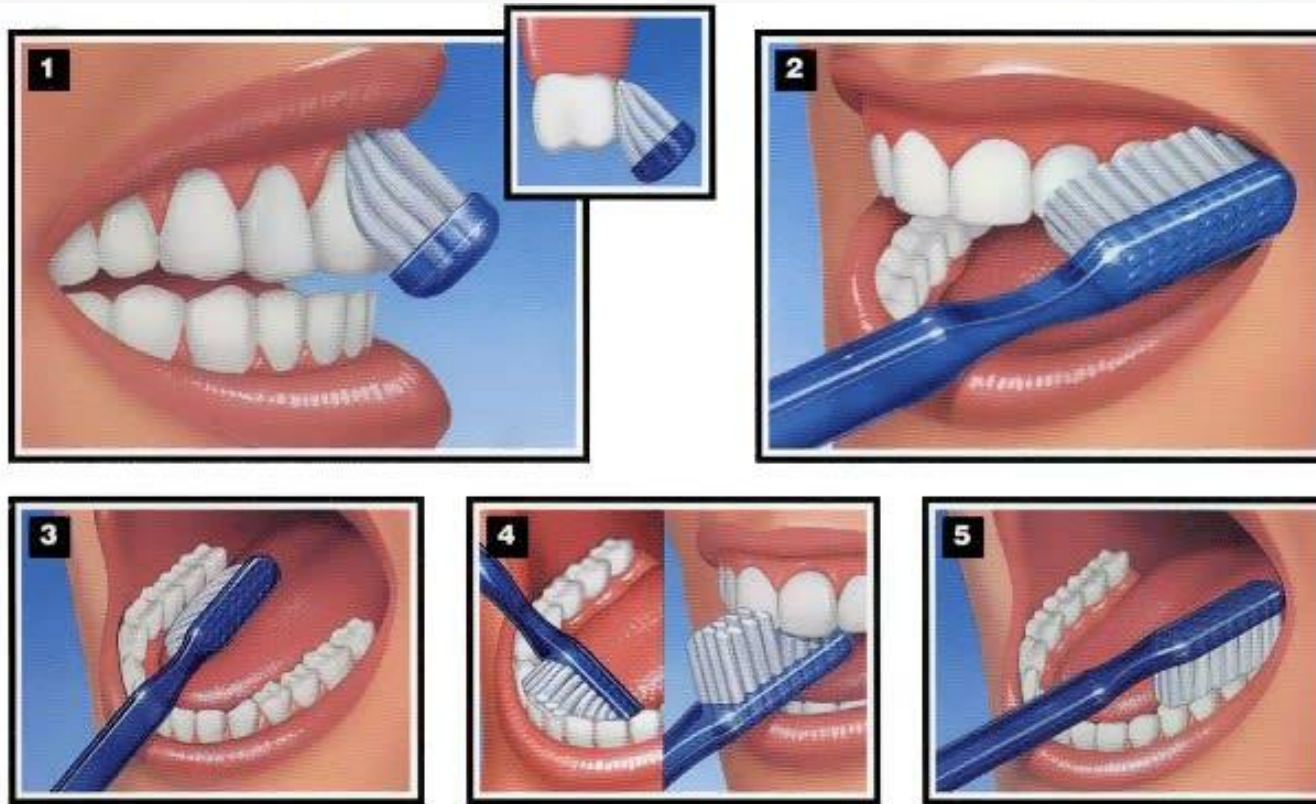
### 5 HARM TEETH

- Aerosols in e-cigarettes cause increase bacteria and plaque

CREATED BY MICHELLE ORTEGA

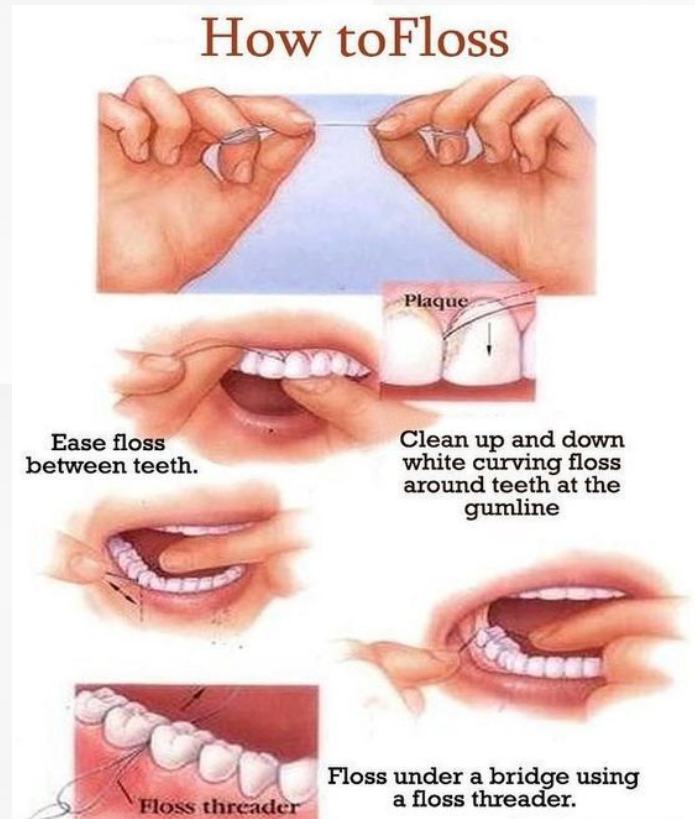


# ORAL HYGIENE INSTRUCTIONS





# ORAL HYGIENE INSTRUCTIONS



# BRACES ORAL HYGIENE

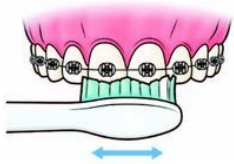
Right Side Above Braces



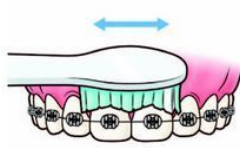
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Front Above Braces



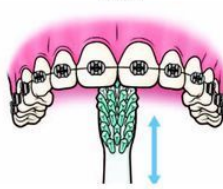
Front Below Braces



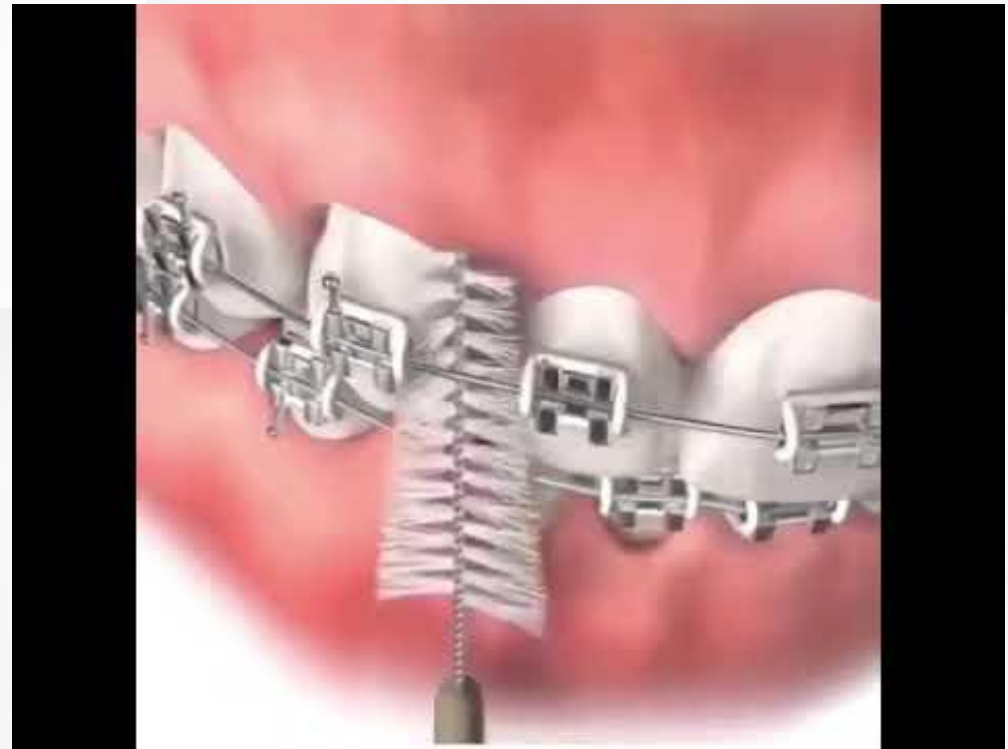
Chewing Surface



Lingual



REPEAT on Bottom Teeth



Thanks!

Any questions?

## REFERENCES

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[https://www.cdc.gov/tobacco/basic\\_information/health\\_effects/index.htm](https://www.cdc.gov/tobacco/basic_information/health_effects/index.htm)

<https://kidshealth.org/en/teens/e-cigarettes.html>

<https://jcda.ca/k7>

<https://www.heart.org/en/news/2020/08/26/need-another-reason-not-to-vape-your-oral-health-is-at-risk>

[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/about-e-cigarettes.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html)