E-cigarette Use In Youth

What are e-cigarettes?
Electronic cigarettes, also known as e-cigarettes or e-vaporizers are battery-operated devices used to inhale an aerosol. They typically contain nicotine, flavorings, and other chemicals. They can resemble traditional tobacco cigarettes, cigars, pipes, or even everyday items like pens or USB memory sticks.

Why e-cigarette use in teens?
E-cigarette use is currently the most popular form of tobacco use among teens in the United States. Their popularity is due to three main reasons: 1) They are easily available/accessible, 2) come in a very wide range of attractive flavors, and 3) the misconception that e-cigarettes are completely safe.

The graph below is from the New England Journal of Medicine, 2019. It depicts a sharp increase of e-cigarette use among 8th-12th graders.

What are the risks?
The research on e-cigarettes is evolving. The risk with e-cigarettes lies in the chemicals added to as well as those produced during the heating/vaporizing process. The e-liquids of certain brands contain high levels of nickel, chromium, and cadmium. These toxic metals may cause breathing problems and disease.

Teen Health
Adolescence is a critical period for brain development. Nicotine affects our brain’s “reward system”. Continued use not only leads to addiction, but may make other drugs such as cocaine and methamphetamine more pleasurable to a teen’s developing brain. Nicotine also affects the development of brain circuits that govern attention, learning, impulse control and mood regulation (E-Cigarette Use Among Youth And Young Adults: A Report of the Surgeon General — Executive Summary.; 2016).

What Can You Do?
Consult with your medical provider regarding concerns about your teen’s use of e-cigarettes.

IN THIS ISSUE:
- E-cigarette Use In Youth
- Tips For New College Parents
- Manage Conflicts
- Wellness Resources

EAP Contact Information
200 E. Wells St. #706
Ph. 414-286-3145
Email.
czamora@milwaukee.gov
It is the mission of the Employee Assistance Program (EAP) to assist employees who develop behavioral/emotional problems that may directly affect their work performance, and to provide Key Personnel with policy and procedural guidelines for the management of these problems.

EAP Mission Statement

The Four P’s model explains that every interpersonal conflict is due to an issue of Preference, Perception, Process or an unknown Pressure.

1) Preference. One person prefers one way while the other prefers something different. The antidote here rests on compromising to meet a mutual goal.

2) Perception. Interpersonal problems arise when rushing to a conclusion about another person’s behavior and assuming we know motives without actually asking directly. Clearly state your intent to minimize misinterpretation.

3) Process. This occurs when one party feels threatened and responds with “fight or flight”. The second person is triggered in kind and responds with their own attack or avoidance. Interactions become “tit for tat”. The goal is to take responsibility for avoiding your own “fight or flight” that perpetuates this cycle.

4) Pressure. This “P” involves personalizing someone’s behavior. The other person may not be angry with you but reacting to a pressure that you are not aware of (e.g. a looming deadline, a personal problem).