

HERE IS SOME INFORMATION ABOUT E CIGARETTES AND VAPING IN TEENAGERS AND YOUNG PEOPLE, if it helps.

It is known that nicotine affects the developing brain in many ways (it is thought that it takes at least 22-25 years for the brain to fully develop and differs between individuals and the sexes): in young people nicotine impacts learning making it harder to concentrate, it can cause mood swings including depression and anxiety, can lead to impulsive behavior including other illicit drug use ,memory problems and attention disorders(ADHD) among other things.

Although the long term effects from vaping are not known and are being studied there is growing evidence in animals that chemicals in vaping products (excluding tobacco which we know is carcinogenic) like nicotine, formaldehyde, and some metals as well as flavorants cause DNA damage leading to an increase risk of developing cancer especially lung cancer.

BELOW ARE SOME OF THE STUDIES THAT REPORT THAT E CIGARETTES AND VAPING MAY BE ASSOCIATED WITH ATTENTION DEFICIT HYPERACTIVITY DISORDER(ADHD) REPORTED BY PARENTS AND WITH POOR ACADEMIC PERFORMANCE AMONG YOUNG PEOPLE.

I HOPE THIS IS HELPFUL --DIANE

Grant JE, Lust K, Fridberg DJ, King AC, Chamberlain SR. E-Cigarette Use (Vaping) is Associated with Illicit Drug Use, Mental Health Problems, and Impulsivity in University Students. *Ann Clin Psychiatry Off J Am Acad Clin Psychiatr.* 2019 Feb;31(1):27–35.

Kaplan B, Marcell AV, Kaplan T, Cohen JE. Association between e-cigarette use and parents' report of attention deficit hyperactivity disorder among US youth. *Tob Induc Dis.* 2021 Jun 4;19:44.

Dearfield CT, Chen-Sankey JC, McNeel TS, Bernat DH, Choi K. E-cigarette initiation predicts subsequent academic performance among youth: Results from the PATH Study. *Prev Med.* 2021 Dec 1;153:106781.