



**MCFARLAND RADAR (Relevant
Alcohol & Drug Awareness
Resources) COALITION**

AODA PREVENTION NEWSLETTER

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Who Invented the Vape?



There are two possible answers to who could have invented the cape. The first recorded person to invent a vaping device was Herbert Gilbert. In 1963, when tobacco smoking was extremely popular, Gilbert was looking for an alternative way from traditional smoking. Though a scrap dealer by trade, Gilbert created the first modern vape. It was a device that used a battery in order to vaporize a liquid that the user would inhale. He intended to market this device as a smoking cessation solution and even a weight-loss solution (users could choose a flavor of vape juice and vape to suppress their appetite). Gilbert created ten flavors, which included mint, rum, and cinnamon, and these flavors are considered the father of modern flavored vape juices. Unfortunately, as with many forward thinkers, Gilbert was

unable to find a manufacturing partner to mass-produce his patented vaping device. Unable to bring his product to the mainstream, Gilbert was forced to let his patent expire after 20 years. It wouldn't be until about 50 years later that other entrepreneurs would take a look at his designs and attempt to bring vaping to the world stage.

In 2003, a pharmacist by the name of Hon Lik, was searching for a way for smokers to more easily quit smoking. Lik himself was a life-long smoker, and he understood the difficulty smokers had in kicking the habit. Lik crafted the first modern vape, with the intent of vaping a nicotine-infused juice. Unlike Gilbert, Lik focused on making the device small and travel-friendly. In fact, the first modern e-cigarette looked very much like a cigarette, and the basic design and function aren't that much different

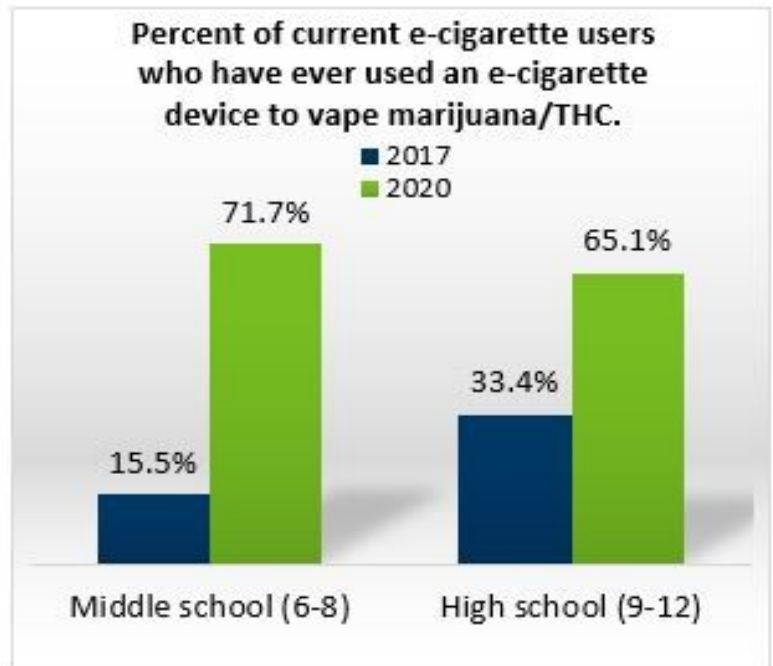
from how disposable vapes work today. Lik was able to manufacture his product in China, where it became a success. His vape device spread to surrounding countries, but it wouldn't be until 2009 when Lik decided to begin to export his product to the United States and Europe. Many expect that timing was a huge reason that vaping took off in the Western world. Close to the time that Lik introduced his *vaping device, places like the U.K. were introducing strict smoking limitations* (for example, prohibiting smoking in public places). Customers flocked to a nicotine device that could be used in public spaces, and from there, vaping exploded.



Vaping and Teens

Why are Vaping Devices Popular with Teens?

- Teens think vaping is harmless: Many teens consider e-cigarettes safe because they don't contain tobacco or emit secondhand smoke, although they do give off a mist. Even worse, many parents think vaping isn't as harmful to their child's health.
- E-cigs taste great: Kids are attracted to the sweet flavorings. There are hundreds of flavor options – such as cotton candy, gummy bear and strawberry milk.
- They look innocent: Many companies, such as the popular Juul brand, package e-cigarettes to resemble a pen or a flash drive, making it less likely that parents and teachers will notice it.
- They're cheap: E-cigarettes can also be cheaper per use than tobacco cigarettes.
- E-cigarettes (used to be) unregulated: Up until a few years ago, anyone could purchase e-cigarettes, including minors. Since they didn't contain tobacco, they weren't regulated by the U.S. Food & Drug Administration (FDA). But recently, the FDA started regulating e-cigarettes and made it illegal to sell them to a person under the age of 18.



Vaping Effects on the Teen Body

- Vaping is addictive and can lead to smoking cigarettes:
 - Once teens become addicted to the nicotine, it can increase the likelihood they move from an e-cigarette to a traditional cigarette. This can result in long-term, lifelong use of tobacco products.
 - Nicotine withdrawal symptoms include irritability, restlessness, feeling anxious or depressed, trouble sleeping, problems concentrating, and craving nicotine.³ People may keep using tobacco products to help relieve these symptoms
- Vaping affects brain development in teens.
 - The human brain continues to develop until around age 25, so exposure to nicotine during adolescence can impact brain development and affect memory, attention, learning and impulse control.



Vaping Effects on the Body

Vaping has been the cause of a number of deaths from acute lung disease. There are also an increasing number of studies that demonstrate that vaping has both short- and medium-term effects on the heart and lungs. The long-term health effects of vaping are still not known as it is a fairly new activity and some diseases, such as cancer, can take many years to develop.

Short term effects of vaping can include:

- Coughing
- Dry/Sore mouth and throat
- Shortness of breath
- Mouth and throat irritation
- Headaches
- Dizziness
- Nausea
- Heart Palpitations
- Sleepiness
- Eye Irritation
- Weakened Taste
- Burning or scratchy feeling in mouth, lips and throat.

Vaping can also lead to:

- Asthma. Vaping can make you more likely to get asthma and other lung conditions. It can make your existing asthma worse.
- Lung scarring. Diacetyl, a chemical used in some flavorings, can cause bronchiolitis obliterans (“popcorn lung”). Bronchiolitis obliterans causes permanent scarring in your lungs.
- Organ damage. In addition to your lungs, nicotine and other substances in e-liquid can hurt your heart and brain. We know nicotine can hurt brain development, raise your blood pressure and narrow your arteries.
- EVALI (e-cigarette, or vaping, product use associated lung injury). EVALI is a serious lung condition that vaping causes. It causes widespread damage to your lungs and gives you symptoms like coughing, shortness of breath and chest pain. EVALI can be fatal.
- Addiction. Nicotine is highly addictive. It causes changes in your brain so you want more and more nicotine. You might not be able to stop vaping if you want to or if it starts causing health problems. Even e-liquids that say they’re nicotine free have small amounts of nicotine.
- Cigarette smoking. Many people start out vaping and end up smoking cigarettes, which contain higher amounts of harmful chemicals.
- Second-hand exposure. Vaping doesn’t make smoke, but people around you are exposed to nicotine and other chemicals when you vape.
- Explosions. There have been incidents of batteries in vaping devices exploding and causing serious injuries and burns.

Ways to Reduce Teen Vaping

Communities/Governments:

- **Raising cigarette prices:** Most teens are sensitive to pricing. Higher prices can dissuade would-be smokers.
- **Limiting tobacco marketing:** Regulatory initiatives that ban youth-focused marketing efforts have helped curb smoking's appeal to young people.
- **Conducting media campaigns:** Education campaigns (such as Truth Initiative) have helped teens understand how tobacco companies exploit them. These campaigns are even more effective when supported by school-based and family-based programs.
- **Providing quit smoking programs:** Affordable and accessible smoking cessation programs can help young smokers quit as well as parents and caregivers who want to model healthier behavior.

Schools:

- **Create a vape-free policy:** One of the best ways to stop vaping at your school is to create a vape-free policy. This policy should be clear and concise. It should state that vaping is not allowed on school property or at school events.
- **Educate your staff:** It is important to educate your staff about the dangers of vaping. They should be aware of the signs of vaping so that they can intervene if they see it happening
- **Educate your students:** In addition to educating your staff, you should also educate your students about the dangers of vaping. You can do this through assemblies, classroom presentations, or even just one-on-one conversations.
- **Create a healthy school environment:** One of the best ways to stop vaping at your school is to create a healthy school environment. This means promoting healthy activities and providing support for students who are struggling with addiction. You can do this by offering counseling services, after-school programs, and health education classes.

Parents:

- **Maintain a dialogue:** Start early — begin talking with your kids about smoking and vaping in kindergarten. Be honest and open to seeing things from your child's point of view. And don't stop. Keep the conversation going as kids get older.
- **Prepare your kids for peer pressure:** Discuss what they might say if a friend offers a cigarette or e-cigarette.
- **Set a good example:** If you smoke or vape, the best thing you can do is quit. At a minimum, don't smoke around your children.

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W	K	Y	T	R	E	W	A	S	G	R	O	U	N	D	H	O	G	S	D	K	F	G	H	J	K	L	P	O	O

ANGEL	CANDY	FROST	LOVE	SWEETHEART
AFFECTION	CARD	GIFT	PIE	THOUGHTFUL
ARTIST	CHOCOLATE	GROUNDHOG	PRESIDENTSDAY	VALENTINE
ASTRONAUT	COLD	HEART	ROMANCE	WASHINGTON
ATHLETE	CUDDLE	HIBERNATE	ROSE	WEATHER
AQUA	CUPCAKE	HUG	SHADOW	WINTER
BANQUET	CUPID	ICICLE	SMITTEN	
BLACK HISTORY	FEBRUARY	KISS	SMOOCH	
BLIZZARD	FLOWERS	LEAFLET	SNOW	
BOUQUET	FOOTBALL	LETTER	SNUGGLE	
BOW	FREEZING	LINCOLN	SUPERBOWL	

McFarland is a small community south of Madison in Dane County. In January of 2017, a group of concerned citizens came together to discuss substance abuse problems in the McFarland area. The McFarland RADAR is a result of these meetings

We are comprised of local representatives from schools, businesses, churches, village administration as well as parents, and youth—all working together to promote healthy lifestyles

For more information go to: <https://www.radarmc.com/>



For time, day and place of meetings, please contact Cathy Kalina at CathyK@fsmad.org

The McFarland RADAR (RADAR stands for Relevant Alcohol & Drug Awareness Resources) Coalition works to develop, implement and support environmental strategies to reduce substance abuse.

We believe by working together, we can nurture social and environmental changes to make the McFarland area a safer and healthier place, brightening the future of our children, youth and families.

McFarland RADAR Mission Statement

“The mission of McFarland’s RADAR Coalition is to promote healthy lifestyles in the McFarland area through alcohol and drug abuse prevention and education efforts.”

HOW CAN YOU HELP?

We are asking you to give the gift of time. Make a difference in the lives of our youth and our community by

1. Working with us in providing support for planning, project management and awareness campaigns
2. Helping with coalition events, conferences, workshops, and fairs held throughout the year.
3. Being a voice for change in our community, it is time to come together and be that force for change in the McFarland area.