Nicotine Usage Among Elon Students

Nicotine is an addictive chemical sweeping the youth nation in a variety of forms but especially vape products. The harmful impact of the chemicals inside the device have detrimental effects on one’s current and future health.

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WHY SAY NO?

In 2019 [research](https://www.nih.gov/news-events/news-releases/vaping-marijuana-use-2019-rose-college-age-adults) reported that twenty two percent of College Students across the country use vape nicotine devices on a regular basis. This statistic is alarming to examine but is also eye opening. Nicotine usage comes with many negative side effects which have been [labeled](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4363846/) as cardiovascular, respiratory, and gastrointestinal disorders. There is also a decreased immune response that can ultimately impact one’s reproductive health. The Center for Disease Control and Prevention (CDC) have [reported](https://news.psu.edu/story/590377/2019/09/30/campus-life/uhs-health-promotion-and-wellness-caution-students-e-cigarettes) over eight hundred and five cases of lung injury associated with e-cigarettes and vaping devices. This is also a minor glimpse into the negative consequences associated with vaping especially as a college age student. Adolescent into early adult years are crucial for development. [Brain development](https://e-cigarettes.surgeongeneral.gov/) does not end till about age 25 and thus exposing the brain to nicotine can cause a dependency relationship and struggles with development of the brain.

WHAT ARE YOU INHALING?

 Many young nicotine users do not understand the chemicals and substances being inhaled when you participate in vaping. To begin, an e-cigarette device heats the liquid inside of it into a vapor or aerosol that can now be inhaled. There is nicotine and flavoring but also many hidden harmful ingredients that are often overlooked. Some of these surprising [ingredients](https://www.lung.org/quit-smoking/e-cigarettes-vaping/whats-in-an-e-cigarette) are carcinogens which are known to cause cancer, acrolein which is a herbicide, and benzene a organic compound found in car exhaust. With these dangerous products being consumed by a large amount of youth and young adult populations, it is understandable why there is concern over developmental health.

HOW CAN I MAKE CHANGES?

Nicotine is a very addictive substance that can impact many parts of the mind and body. It is possible to quit using these devices with support and continuous effort. Here are some tips for quitting vaping and the use of nicotine products.

1. Ask for support from those around you. When quitting and addictive substance it is important to have a system of people who can be there when you are feeling the urge to use these devices.
2. Take it one day at a time. The task may seem too large if you attempt it all at once. Instead take it day by day and make it your mission to limit usage of nicotine products and devices.
3. Avoid social pressures that lead to nicotine device usage. Many college students feel the need to engage in these behaviors due to their peers. If those surrounding you are influencing these behaviors, remind yourself that there are others who are choosing not to vape.

It is so important to be aware of the risks of using these products as well as methods to limit and stop these addictive behaviors. Before you vape, consider the consequences.