

Nurses' Nook...Vaping is the new smoking.

The good news over the years is that adolescent cigarette smoking rates have steadily been going down since 1997. Unfortunately the incidence of vaping or e-cigarette use has been going up, and since 2014 the use of e-cigarettes in teens is higher than the use of conventional tobacco products. Teenagers who vape are much more likely than non-vaping teens to become conventional tobacco smokers as they get older. While teenagers may try to tell us vaping is harmless it is not. Please follow [this link](#) for some information from the CDC about e-cigarette use. In addition here are some [useful tips for talking to your adolescents](#) about vaping and its potential health effects.

If you have any questions please feel free to contact the nurse in your child's school.