

Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <https://www.albertahealthservices.ca/news/Page9966.aspx>

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Know the risks involved in vaping

What is a vape?

A vape is an electronic smoking device that contains a cartridge of liquid (e-juice) or other forms of nicotine (or cannabis) that are heated into a vapor and inhaled by the user.

Vaping is not harmless

Vaping can increase your exposure to harmful chemicals and lead to nicotine addiction. The short and long term health effects are unknown, but recent reports are showing significant respiratory and health effects such as lung failure, seizures and even death. Although rare, some vaping devices may catch fire or explode, leading to burns or injuries.

What should parents look for?

Parents should pay attention to an unusual attachment to a USB stick, sharpie, pen, lipstick, key fob, etc. These items may be electronic cigarettes “disguised” as everyday items.

Talk to your teen about vaping



Alberta Health Services recommends talking to your teen about electronic cigarettes (vape) early, even as young as age 10.

Discuss the facts about exposure and chemicals as well as nicotine addiction. Correct misconceptions in a calm manner and take time to listen.

Find out more by searching “electronic cigarettes” at albertaquits.ca.