



# Siletz Community

Find us on Facebook! Siletz Community Health Department  
**EVENTS**

**AUGUST 2022**

**National Night Out - Siletz City Hall**  
**Aug. 2 4-7pm**

**Virtual Book Club**

**Every Thursday @ 3:30pm**

**New Trauma Support Group**

**Every Wednesday @ 5:30pm**

**Virtual Talking Circle**

**Aug. 25 @ 5:30pm**

**Custom Car Show - Chinook Winds Casino**

**Aug. 28 11am – 5pm**

**Contact Rachelle Endres at [rachellee@ctsi.nsn.us](mailto:rachellee@ctsi.nsn.us)**

**to get more information.**

Community Health would like to congratulate the winner of our Pride Month logo contest. This is amazing art! Keep a look out for some awesome swag!



## E-Cigarettes/Vape Pens

What are e-cigarettes? They are a form of an inhalant delivery system (IDS). These devices typically deliver nicotine, flavorings and other additives to users via an inhaled aerosol. These devices are referred to by a variety of names, including e-cigs, vape pens, e-hookahs, Juul, mods, tank systems and other devices that deliver a nicotine aerosol. E-cigarettes are battery-powered devices that heat up liquid into an aerosol that users then inhale. The liquid usually has nicotine, which comes from tobacco; flavoring; and other additives that are known to have adverse health effects. E-cigarette products can also be used as a delivery system for marijuana and other illicit drugs.

What are the health effects of using e-cigarettes?

Scientists are still learning about the long-term health effects of e-cigarettes. Here's what we know now.

Most e-cigarettes contain nicotine, which has known health effects.

Nicotine is highly addictive.

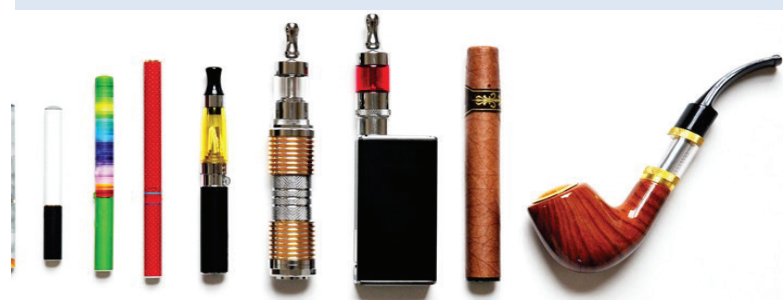
Nicotine can harm adolescent brain development, which continues into the early to mid-20s.

Nicotine is a health danger to pregnant woman and their developing babies.

Besides nicotine, e-cigarette aerosol can contain substances that harm the body. This includes cancer-causing chemicals and tiny particles that reach deep into lungs. Harmful substances found in e-cigarettes include nicotine; volatile organic compounds; ultrafine particles; cancer-causing chemicals; heavy metals such as nickel, tin and lead; and flavoring such as diacetyl, a chemical linked to a serious lung disease. It has been found that even though e-cigarettes produce a vapor, they still cause secondhand exposure for those who are around and inhale. E-cigarettes can also weaken your immune system, causing you to be more vulnerable to illnesses and take longer to recover.

Although e-cigarettes may have fewer chemicals in them, they still cause the body harm and individuals who start using e-cigarettes are four times more likely to start smoking.

If you are interested in quitting commercial tobacco products, several nicotine replacement therapies (NRTs) are available that have proved to help assist. Here are a few over-the-counter (OTC) ones you can pick up from a store at a cheaper rate than cigarettes - nicotine patches, nicotine gum and nicotine lozenges. This is a great way to reduce your nicotine use without all the extra harmful chemicals until you're ready to quit for good.



**Commercial Tobacco Quitline 1-800-QUIT-NOW**

**AI/AN Line now available (option 7) 1-800-784-8669**