WHAT TO DO IF YOU THINK YOUR CHILD IS ADDICTED TO NICOTINE & VAPING

BOSTON—At Boston Children’s Hospital, substance use and addiction experts are dealing with what the CDC and FDA are calling the youth vaping epidemic and how to help teens who want to quit.

So far, it seems that vaping addiction may be different from a normal cigarette addiction. In some cases, the behavior of pediatric patients is reported to be more like an addict than a cigarette smoker, in terms of withdrawal behaviors, Kimberly S. Manning explained.

“When cigarette smokers try to quit and go through withdrawal,” Manning said, “they get cranky. With youth vaping, some may feel more panicked—it may be different and stronger.”

Many e-cigarettes or vapes have more nicotine than combustible cigarettes; due to lack of regulation or FDA oversight, the nicotine levels are not always known.

According to Albee Budnitz MD, a retired pulmonologist and Breathe New Hampshire board member, the nicotine salts in Juul pods—very popular among youth—is absorbed quickly, and can be more addictive than cigarettes. Plus, Dr. Budnitz noted, brains are still developing until about age 25, which makes younger people more vulnerable to addictive substances.

Is your child vaping?

According to Manning, the signs a child is using any drug include being more irritable; secretive behavior, for example in their room or bathroom; a sweet, fruity or tobacco smell in their space; they can’t be with you for extended periods of time, in the car, for example, without needing to use the bathroom every 30 minutes. They may get aggravated because they can’t escape to get that nicotine hit.

“Other indications are health or physical symptoms. For example, someone in band may not be playing as well because they’re getting winded; an athlete can’t run as fast,” Manning said.

What parents should do

“The first thing a parent should do is talk with their son or daughter in a calm, supportive way,” said Manning, without getting angry, punishing, or threatening.

“They need to explain to their teen that this is an addiction, and that they are there for them, in a nonjudgmental, nonconfrontational, very supportive way.”

That’s why, first of all, parents need to know the facts about vaping and nicotine addiction, and what the effects are on health, so they can share this with their kids, Manning said.

HELP FOR YOUTH

My Life My Quit™ meets teens where they are: on their mobile devices. This is a free and confidential service for teens who want help quitting vapes/electronic cigarettes, cigarettes and smokeless tobacco (chew). Teens can enroll for free, confidential help by texting or calling 855-891-9989, or chat online with a Quit Coach at MyLifeMyQuit.com.

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“There’s still a lot of misinformation out there,” she added. That’s something Breathe New Hampshire’s Policy and Program Manager Kim Coronis learns every time she presents Vaping Unveiled™ in communities and schools.

“One big misperception is that there’s no harm, that the devices generate a water vapor. Vape devices create an aerosol; the ingredients are not just flavorings and water,” Coronis said.

More than half a dozen chemicals such as glycerol, acetone, propylene glycol, benzoic acid and nicotine may be present, and “Parents and kids are often not aware that these products usually contain nicotine and are regulated the same as tobacco products,” according to Coronis.

Because teens lie about vaping, parents need to “stay on them,” Manning noted. “Parents should say, ‘You should know if you’re doing this, these are the effects.’ Keep the conversation open.”

**How to help youth quit**

“This is a hard time for teenagers,” Manning noted. They probably won’t go to someone at school, they don’t trust them, are afraid of consequences, and that their parents will find out. They can’t afford a doctor by themselves and can’t buy nicotine replacement therapy because of their age.

So it’s up to parents to get their kids to a doctor, a therapist, a health coach, etc. In her private practice at kimberlysmanning.com, Manning goes over all of the options with clients to help wean them off their addiction.

A comprehensive approach is critical for a better chance of success, she said. “Options include prescription nicotine replacement therapy, how to handle anxiety or social situations, and nutrition, especially if the child’s health is already affected. A holistic approach leads to a better chance of quitting.”

Exercise; deep breathing, meditation; something to keep hands busy like knitting, puzzles, origami; community support; planning to deal with stress or boredom—all may be part of their individual quitting strategy. Manning noted that teenage boys in particular are often interested in trying hypnosis, according to a local hypnotist. Still some teens are so addicted to vaping they need substance use treatment.

**Doctors need to ask the right questions**

Because they are minors, teens can’t get nicotine replacement therapy unless they have a physician’s prescription, so parents should get them to a doctor who understands the threat of vaping.

“Doctors typically ask if you smoke, but they need to also ask, ‘Are you vaping? Are you chewing, Juuling, vaping marijuana or THC?’”

Then they need to observe how the child reacts, said Manning: “I notice you flinched. What’s that about? Is there something you’d like to share?”

**Everybody’s not doing it**

Finally, Manning said, talk to your kids about the fact that the majority of kids are not vaping.

“Kids think everyone’s doing it, so I’ll do it; that becomes the crowd to follow. Not true. Highlight the majority and make that the crowd to follow.”

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**Vaping Unveiled™ is Breathe New Hampshire’s signature program about the dangers of youth vaping and nicotine addiction. To offer it in your community, school or workplace, call 603-669-2411.**

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**ASTHMA CARE FOR KIDS™:**

**For Everyone Who Works with Children**

Breathe New Hampshire’s Asthma Care for Kids™ is an asthma 101 program designed for parents, childcare providers, teachers, and coaches to teach them about this serious and most common pediatric illness.

Asthma may be triggered by allergens, exercise, weather and other factors that inflame the airways and cause swelling which makes it hard to breathe. An asthma “attack” can come on suddenly and be fatal if not treated immediately.

More than 18,000 New Hampshire children have asthma, which is a leading cause of missed school days. Asthma costs New Hampshire $175 million per year in direct medical costs.

This program covers:

- Asthma triggers and how to avoid or reduce them
- How indoor air affects our breathing
- Common myths about asthma
- How to recognize asthma warning signs
- How best to manage the disease
- Asthma medicines and what they do

Contact Breathe New Hampshire to offer Asthma Care for Kids.
WELLNESS WORKSHOP HELD FOR WORLD COPD DAY

MANCHESTER—On November 20, 2019, Breathe New Hampshire held a Wellness Workshop at our office for people living with chronic obstructive pulmonary disease (COPD) and their caregivers.

This educational workshop included presentations from (left to right in photos above) Dr. Albee Budnitz giving an overview of COPD; Marilyn Mills, MS, RD, LD, CDE from Hannaford supermarkets on nutritious, “breathe friendly” winter meals; and from Lorna Marshall, RRT, Supervisor of the Pulmonary Fitness Program at Catholic Medical Center on tips for living well (staying active, managing stress, and making a self-care plan).

Watch our website and Facebook page for more COPD workshops this spring.

Help Us Eliminate Lung Disease by Donating Outside the Box

Breathe New Hampshire is a 103-year-old nonprofit dedicated to eliminating and preventing lung disease, and improving the quality of life for those living with lung disease. We rely on public support and grants to fund our mission. There are many ways you can help—see below. Also see BreatheNH.org/support-us/why-give.

BUY A FUN PASS!
The Breathe NH Fun Pass coupon book, offering great discounts (many BOGO) to more than 100 favorite New England attractions, has been helping families create memories for more than two decades. Only $35 and first class shipping is free. See our website.

AMAZON SMILE
AmazonSmile is a website operated by Amazon with the same products, prices, and shopping features as Amazon.com. The difference is that when you shop on AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to Breathe New Hampshire if you select us as your charity.

VEHICLE DONATION
Is your car, truck, boat, snowmobile, or motorcycle out of breath? Donate it to Breathe New Hampshire! You can donate a motor vehicle in any condition and the process is quick and easy—just go online to breathenh.org/support-us/donate and fill out the form. Towing is free and at your convenience.

FACEBOOK FUNDRAISER
In lieu of birthday gifts or to celebrate a special occasion, you can run a Facebook Fundraiser and encourage your friends and family members to support your chosen charity: Breathe NH. Donations are sent directly to us and Facebook charges no fees for donations made to nonprofits.

For more information, visit BreatheNH.org/support-us/donate. We thank you for your support!
**BREATHE NH OPPORTUNITIES TO TAKE ACTION**

To take action or for more information, contact Policy & Program Manager Kim Coronis, kcoronis@breathenh.org.

**2020 LEGISLATIVE ISSUES** – These are a few topics that Breathe New Hampshire is tracking in this legislative session:

- Prohibiting the use of flavors in vaping products
- Relative to purchase, use, possession of tobacco products and e-cigarettes
- Prohibiting smoking and e-cigarettes in vehicles with passenger under 16
- Relative to administration of the tobacco tax
- Establishing a moratorium on e-cigarette sales
- Establishing a committee to study school air quality
- Relative to an electronic prescription drug program
- Requiring the adoption of California vehicle emissions standards
- Relative to authorizing the state to set higher environmental standards than federal standards

**LEGISLATIVE BREAKFAST: ADVOCACY OVER COFFEE**

**Thursday, March 19, 2020, 8-9:30 a.m.  State House Cafeteria, 107 N. Main St., Concord**

Join us for our annual breakfast for legislators. Meet your elected officials and urge them to support policies impacting lung health. Free breathing test offered along with a continental breakfast. All are welcome to join us or volunteer. Contact info@BreatheNH.org. We thank Senator Lou D’Allesandro and Representative Patrick Long, our sponsoring legislators.

**GREAT DISCOUNTS AT 100+ NEW ENGLAND ATTRACTIONS!**

Give the gift of family time at New England’s favorite attractions with the Fun Pass coupon book. For only $35, you get coupons to more than 100 family attractions worth $2,000! Enjoy 14 ski attractions, Story Land, York’s Wild Kingdom, Legoland Discovery Center Boston, Edaville Family Theme Park, Montshire Museum, Davis Farmland, Lake Compounce, 6 children’s museums, and dozens more. Call 603-669-2411 or go online to order. First class shipping is free. Proceeds support Breathe NH.