

# Youth Use of e-cigs and Vape Pens is Rising in the U.S. Important Facts About Vaping

E-Cigarette use is on the rise with our youth--even among middle school students. Research shows that kids do not know what is in the e-liquid (66% report "just flavoring") and therefore, kids think these products are safe.

Although e-cigarettes MAY be less harmful than regular cigarettes, it doesn't mean they are safe. Why?

- ▶ A teen who uses e-cigarettes is 3 times more likely to smoke regular cigarettes. (Rigotti, 2015)
- ▶ The teen years are critical to brain development. Adding nicotine, a highly addictive drug, to the growing teen brain can alter the development of the brain, affect the brain's reward system and lead to an increased risk of addiction as an adult.
- ▶ The affect on the lungs of the added chemicals has not been studied. Cancer takes 20 + years to develop. We just don't know if these chemicals are safe to inhale.

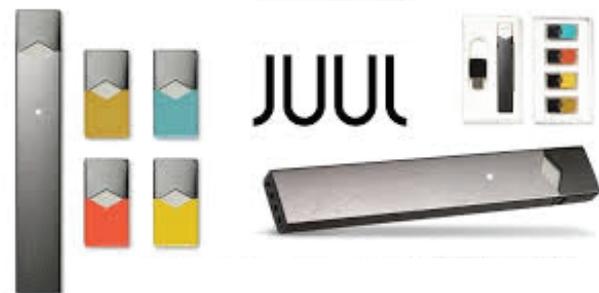
## ELECTRONIC NICOTINE DELIVERY SYSTEMS KEY FACTS

### What are e-cigarettes and vape pens?



Electronic cigarettes, also known as vape pens, are hand-held, battery-powered nicotine delivery devices that can also be used for marijuana.

### WHAT IS AN E-CIG?



### How do e-cigarettes work?

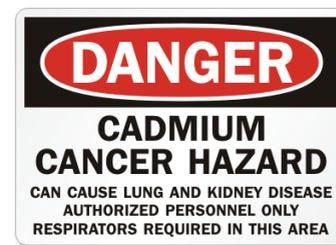
An atomizer heats the liquid (often called "e-juice" or "e-liquid") which becomes an aerosol or vapor that the user inhales. Hence the term "vaping."

### The E-liquid

Liquids used to create the aerosol contain but are not limited to:

- ▶ Flavorings
- ▶ Diethylene Glycol 7/or Propylene Glycol (turns liquid into vapor.)
- ▶ Nicotine - not ALL cartridges contain nicotine. The popular brand, JUUL always contains nicotine.

Of the 65 chemicals found in e-cigarettes, 26 are listed on the FDA's established list of harmful and potentially harmful substances, and 9 are known carcinogens, including formaldehyde, benzene (found in pesticides and gasoline), and cadmium (toxic heavy metal used in car batteries.)



Have a conversation with your **teen** today  
about e-cigarettes and **vape pens**.  
**TALK. They (really) do hear you!**



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