

# VAPING FACTS

## **E-Cigarettes and Vaping - The New Tobacco Cigarettes**

E-cigarette usage has surpassed all other forms of tobacco product usage among school-aged youth. The problem appears to be a misunderstanding regarding the risks involved with its use.

### **Do E-Cigarettes contain nicotine?**

Almost all e-cigarettes and vaping juices, including the Juul, contain nicotine, the highly addictive substance found in regular cigarettes.

### **Are there age restrictions?**

Yes, E-Cigarettes and vaping juices are subject to government regulation as tobacco products, including the requirement that both in-store and online purchasers be at least 18 years of age.

### **Do they help people quit smoking?**

Research shows there is limited evidence that e-cigarettes or other vaping devices are effective at helping smokers quit and they are not approved by the FDA as a quit smoking aid.

### **What does science say about the risks?**

E-cigarettes and other forms of vaping products are relatively new so the research has just started. The current understanding is many contain heavy metals like lead, flavorings linked to lung disease, and have small particles that can be inhaled deep into the lungs and other cancer-causing chemicals.

Even being near someone using an e-cigarette can expose you to the aerosol and chemicals in it. This is similar to secondhand smoke from regular cigarettes.

The side effects of personal use can include: High blood pressure, insomnia, stroke, irregular heartbeat, wheezing, shortness of breath, lung inflammation, upset stomach, headaches, dizziness, fainting, nervousness and agitation.

### **What are the concerns with preteens and teens vaping and using e-cigarettes?**

Nicotine is highly addictive and teens are rapidly developing addictions. This is particularly true for the Juul because of the high nicotine content in it. In addition to this, early evidence suggests that users are four times more likely to go on to use other tobacco products, including regular cigarettes, which are known to cause disease and premature death.

The teen years are critical for brain development, which continues into young adulthood. Nicotine affects the development of brain circuits that control attention and learning. Other risks include mood disorders and permanent problems with impulse control—failure to fight an urge or impulse that may harm oneself or others.

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health systems

[bnparents.org](http://bnparents.org)

[teenhelp@chestnut.org](mailto:teenhelp@chestnut.org)

[chestnut.org](http://chestnut.org)