

What is Vaping?

Vaping is the act of inhaling and exhaling aerosol through the use of an electronic cigarette.¹

IT'S NOT VAPOR, IT'S AEROSOL

Vapes contain and release particles making it an aerosol. These particles include toxic chemicals that have been linked to cancer & lung disease.²

◆ A study showed that students who had used e-cigarettes by the time they started 9th grade were more likely than others to start smoking cigarettes and other smokable tobacco products.²

◆ In early 2020, CDC reported 2,807 lung injuries associated to vaping and 68 deaths confirmed in 29 states.³

◆ 13 to 17 year old patients with vaping-related lung injuries reported getting marijuana THC-containing products from informal sources like friends, family, and in-person or online dealers.⁴

COMMON CONTAMINANTS

FOUND IN VAPING DEVICES

NICOTINE

A highly addictive chemical known to increase your blood pressure and harden arterial walls.⁵

A mind-altering compound that can cause short-term psychosis, anxiety, suicidal thoughts, depression, and addiction.⁶

MARIJUANA (THC)

VITAMIN E ACETATE

When inhaled, it may interfere with normal lung functioning. It has been linked to severe lung injuries due to vaping.³

Inhalation of this chemical has been linked to asthma and lung disease.⁷

DIACETYL

BENZENE

A cancer-causing chemical known to have harmful effects on the body. It is also a component of crude oil, plastics, and paint.⁸

These are just a few of a longer list of contaminants that can be found in vaping devices including glycerol, formaldehyde, propylene glycol, acrolein, nickel, and more. More research is needed to understand the impact these contaminants have on our health.

EFFECTS OF VAPING

EVALI

EVALI stands for E-cigarette or Vaping use-Associated Lung Injury. This severe lung injury illness is often associated with fever, cough, chest pains, and other symptoms.⁹



POPCORN LUNG

A common name for bronchiolitis obliterans, a condition where air sacs become constricted causing difficulty breathing.¹⁰



ADDICTION

Vaping devices can deliver greater doses of nicotine and marijuana than traditional cigarettes and blunts.²



BRAIN DEVELOPMENT

Scientific research has consistently shown that nicotine and marijuana use can affect learning and concentration; especially among youth.^{2,11}



VAPING RELATED EXPLOSIONS

While rare, vapes can explode and seriously injure people. Evidence suggests that it is due to battery related issues.¹²



CANNABINOID HYPEREMESIS SYNDROME

Chronic marijuana use can lead to episodes of nausea, vomiting, abdominal pain, and in severe cases kidney failure.^{13,14}



REAL CONCERNS

Illicit/Unauthorized Sale

Sale of vaping devices has grown drastically in the illicit market. This market is unregulated and it is common to find dangerous chemicals in these products.^{3,4}

Out-of-Pocket Costs

A study in the U.S. found that people who purchased vaping products spent between \$10 to \$250 a month with a median of \$50-\$70 per month.¹⁵

Target Marketing

- There are up to 10 times more tobacco ads in black neighborhoods than other neighborhoods.¹⁶

- E-cigarette companies spend millions of dollars in marketing on social media, sponsored events, and flavored products. Over the years, youth use has also increased which has doubled among high school students and tripled among middle school students.^{17,18,19}

Pregnancy Issues

Some research has linked marijuana and nicotine to premature birth, reduced birth weight, problems with brain development, and still birth.^{20,21}

RESOURCES



truth initiative

INSPIRING TOBACCO-FREE LIVES

Teen & Young Adults: Text DITCHJUUL to 88709

Parents: Text Quit to (202) 899-7550



CENTERS FOR DISEASE
CONTROL AND PREVENTION

National Quitline: 1-800-QUIT NOW

(1-800-784-8669)

Spanish: 1-855-DEJEO YA

(1-855-335-3569)

CITATIONS

1. <https://www.centeronaddiction.org/e-cigarettes/recreational-vaping/what-vaping>
2. <https://www.drugabuse.gov/publications/drugfacts/vaping-devices-electronic-cigarettes>
3. https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html
4. https://www.cdc.gov/mmwr/volumes/69/wr/mm6902e2.htm?s_cid=mm6902e2_x#F1_down
5. <https://www.nhlbi.nih.gov/health-topics/smoking-and-your-heart>
6. https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease/faq/index.html
7. <https://www.hsph.harvard.edu/news/press-releases/common-e-cigarette-chemical-flavorings-may-impair-lung-function/>
8. <https://pubchem.ncbi.nlm.nih.gov/compound/benzene#section=Hazards-Summary>
9. https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease/healthcare-providers/index.html
10. https://www.medicinenet.com/popcorn_lung_bronchiolitis_obliterans/article.htm
11. <https://www.cdc.gov/marijuana/health-effects.html>
12. <https://www.fda.gov/tobacco-products/products-ingredients-components/tips-help-avoid-vape-battery-explosions>
13. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3576702/>
14. <https://www.ncbi.nlm.nih.gov/pubmed/24418446>
15. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5528165/>
16. <https://truthinitiative.org/research-resources/targeted-communities/tobacco-social-justice-issue-racial-and-ethnic-minorities>
17. <https://www.cdc.gov/vitalsigns/ecigarette-ads/index.html>
18. <https://truthinitiative.org/research-resources/tobacco-industry-marketing/4-marketing-tactics-e-cigarette-companies-use-target>
19. <https://www.tobaccofreekids.org/what-we-do/industry-watch/e-cigarettes>
20. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2656811/>
21. <https://www.marchofdimes.org/pregnancy/marijuana.aspx#>



WHAT YOU
NEED TO
KNOW
ABOUT
VAPING

