

# E-Cigarettes: An Epidemic

## What are these products?

- E-cigarettes are battery-powered devices that use a heating element to heat e-liquid, typically containing nicotine, from a cartridge that produces a chemical-filled aerosol.
- Many e-liquids or "e-juice" come in fruit flavors, making them appealing to kids.

*E-cigarettes come in many forms and can look like everyday products like pens, USB flash drives, phones and tubes of lipstick.*

- Currently, the most popular e-cigarette among teens is the JUUL, which looks like a USB flash drive and produces little visible aerosol when being used. Many JUUL pods contain high levels of nicotine - one JUUL pod claims to contain roughly the same amount of nicotine as one pack of cigarettes.

## Popular e-cigarette products contaminated with bacterial and fungal toxins, study finds

Human exposure to the toxins has previously been associated with lung diseases such as asthma, bronchitis, and COPD.

## Impact of e-cigarette use on teens

*The bottom line: e-cigarette use is unsafe, especially for young people.*

- Schools should work with their students to help educate them about the potential long-term consequences of using e-cigarettes.
- Kids often don't realize that they are harming their lungs and their brains by using e-cigarettes.
- Kids may not realize that the products they are using contain nicotine, which is highly addictive and can harm adolescent brain development.
- It's not just harmless water vapor: secondhand emissions from e-cigarettes can contain nicotine; ultrafine particles; flavorings such as diacetyl, a chemical linked to serious lung disease; volatile organic compounds such as benzene, which is found in car exhaust; and heavy metals, such as nickel, tin and lead.
- The e-cigarette industry is currently using many of the same tactics that worked to sell traditional cigarettes for decades.
- These products are designed to appeal to and be used by teens and can go undetected by adults.



Because vaping is new, we don't yet know how it affects the body over time. We do know that the nicotine in e-cigarettes:

- is very addictive
- can slow brain development in teens and affect memory, concentration, learning, self-control, attention, and mood
- can increase the risk of other types of addiction later in life

E-cigarettes also:

- irritate and damage the lungs
- can lead to smoking cigarettes and other forms of tobacco use

**Juul workers get \$2 billion bonus from tobacco giant investment**

**Big Tobacco's Altria buys one-third stake in vape brand Juul for \$12.8 billion**

## Need Help Quitting?

### Contact

Lung HelpLine and Tobacco Quitline is a telephone support line available in over 200 languages, and is a free service allowing callers access to expert staff, including registered nurses, respiratory therapists, pharmacists and certified tobacco cessation specialists.



1-800-LUNG-USA (1-800-586-4872) or  
[www.Lung.org/helpline](http://www.Lung.org/helpline).



Learn more about these and other programs at  
[www.Lung.org](http://www.Lung.org).

## READY, SET, QUIT TOBACCO!

P.O. Box 145, Mooresville, IN 46158

Email: [Jennifer@readytoquit.org](mailto:Jennifer@readytoquit.org)

Phone: 317.306.1282

### Phone

**800-QUIT-NOW (800-784-8669)**

All states have quitlines with counselors who are trained specifically to help smokers quit. Call this number to connect directly to your state's quitline. Hours of operation and services vary from state to state.

**877-44U-QUIT (877-448-7848)**

The National Cancer Institute's trained counselors provide information and support for quitting in English and Spanish. Call Monday through Friday 9:00 a.m. to 9:00 p.m. Eastern time.

<https://kidshealth.org/en/teens/e-cigarettes.html>

<https://www.cbsnews.com/news/juul-christmas-bonus-2-billion-for-workers-from-tobacco-giant-investment/>

<https://www.lung.org/assets/documents/stop-smoking/e-cigarettes-schools.pdf>