

Vaping: Dangerous, Available & Addicting

Would you recognize an e-cigarette if you saw one?

Not all e-cigarettes look alike, and vaping is easy to hide.



Why is vaping easy for teens to hide?

Electronic nicotine devices can look like a pen, a computer memory stick or flash drive, a car key fob, or even an asthma inhaler. Instead of inhaling tobacco

(/English/health-issues/conditions/tobacco/Pages/default.aspx) smoke

from a cigarette, e-cigarette users inhale vapor from liquid "e-juice" that has been heated with a battery-powered coil. This is called vaping. The juice is flavored and usually contains nicotine and other chemicals.

E-cigarettes are unhealthy and addictive.

The Centers for Disease Control and Prevention (CDC) are investigating an outbreak

(https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html#latest-outbreak-information) of severe lung disease related to vaping that has caused severe illness and death in many US states. The

American Academy of Pediatrics joins the CDC to remind parents that e-cigarette use is never safe for youth, young adults, or pregnant and/or breastfeeding women.

Here's what you should know about teen vaping trends:

- Teens might use different words to talk about e-cigarettes and vaping, including the brand of the e-cigarette device. For example, "JUULing" is a popular word to describe using a brand of e-cigarette.
- Teens can order "e-juice" on the Internet. The legal age to buy e-cigarettes is 21, but online stores don't always ask for proof of age.
- E-cigarette juices are sold in flavors like mint and menthol. Most have the addictive ingredient nicotine. The more kids vape, the more hooked they become.
- Kids who vape just once are more likely to try other types of tobacco. Their developing brains make it easier for them to get hooked.
- E-cigarettes may not help people quit using tobacco. Some adults use e-cigarettes when they want to stop smoking tobacco cigarettes. While a recent report found e-cigarettes are "less toxic" than cigarettes, most people who use e-cigarettes do not quit using cigarettes. The healthiest option is for parents and their children to quit (/English/health-issues/conditions/tobacco/Pages/How-to-Quit-When-the-Smoker-is-You.aspx).

E-cigarettes



Talk with your pediatrician

If you have questions about vaping, talk with your pediatrician. Your regional Pediatric Environmental Health Specialty Unit (PEHSU (<https://www.pehsu.net/>)) have staff who can also talk with parents about concerns over environmental toxins.

More information

- [Liquid Nicotine Used in E-Cigarettes Can Kill Children \(/English/safety-prevention/at-home/Pages/Liquid-Nicotine-Used-in-E-Cigarettes-Can-Kill-Children.aspx\)](#)
- [Facts For Parents About E-Cigarettes & Vaping \(/English/health-issues/conditions/tobacco/Pages/Facts-For-Parents-About-E-Cigarettes-Electronic-Nicotine-Delivery-Systems.aspx\)](#)
- [Raise the Tobacco-Buying Age to 21: AAP Explains Why \(/English/ages-stages/teen/substance-abuse/Pages/Raise-the-Tobacco-Buying-Age-to-21.aspx\)](#)
- [How Cigarette Advertisements Influence Teens \(/English/family-life/Media/Pages/How-Cigarette-Advertisements-Influence-Teens.aspx\)](#)

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