



**NJWELL**  
Working for a  
Healthy New Jersey



**DON'T USE  
TOBACCO**

## E-CIGARETTES AND VAPING

Using an e-cigarette is sometimes called “vaping” or “JUULing.”

### What is typically in e-cigarettes?

- ◆ Nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products
- ◆ Flavoring such as diacetyl, a chemical linked to a serious lung disease
- ◆ Other chemicals, including ones that help make an aerosol: volatile organic compounds, cancer-causing chemicals, and heavy metals such as nickel, tin, and lead

**Did You Know?** Some e-cigarette labels do not disclose that they contain nicotine, and some e-cigarettes marketed as containing 0% nicotine have been found to contain nicotine.

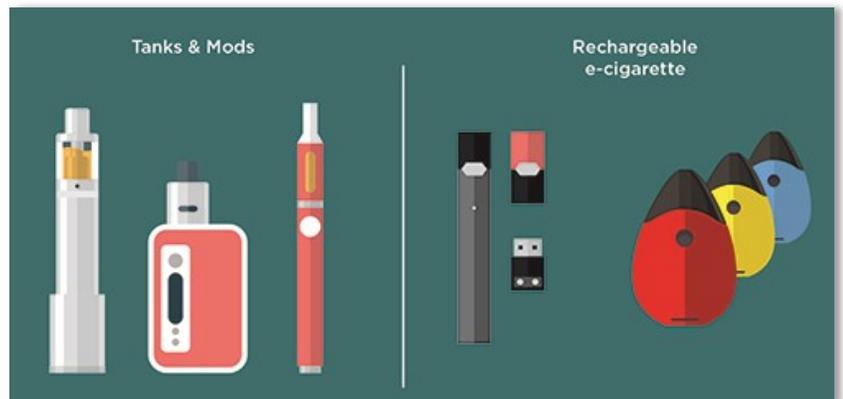
### Are e-cigarettes a good way to stop smoking cigarettes?

E-cigarettes are not approved by the FDA for smoking cessation, and the FDA has not endorsed their safety or efficacy for smoking cessation.

### What are e-cigarettes?

E-cigarettes are electronic devices that heat a liquid to produce an aerosol that is inhaled into the user’s lungs. They come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.

- ◆ E-cigarettes are known by many different names. They are sometimes called “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems (ENDS).”
- ◆ Some e-cigarettes are made to look like regular cigarettes, cigars, or pipes. Some resemble pens, USB sticks, and other everyday items. Larger devices such as tank systems, or “mods,” do not resemble other tobacco products.
- ◆ E-cigarettes can be used to deliver marijuana and other drugs.
- ◆ Bystanders can also breathe in this aerosol when the user exhales into the air.



# CONCERNS OF E-CIGARETTES



**DID YOU KNOW?** There is some evidence that young people who use e-cigarettes may be more likely to smoke CIGARETTES in the future, or experiment with OTHER DRUGS.

Most e-cigarettes contain NICOTINE, which has known health effects, including:

- Highly addictive
- Health danger for pregnant women and their developing babies
- Harms adolescent and young adult brain development, which continues into the early to mid-20s
- Harms the parts of the brain that control attention, learning, mood, and impulse control
- Changes the structure changes in the brain necessary for memory formation and new skill development
- May increase the risk for future addiction to other drugs

**Harmful substances.** Besides nicotine, e-cigarette aerosol can contain OTHER SUBSTANCES that harm the body, including cancer-causing chemicals and tiny particles that reach deep into lungs.

**E-cigarettes can cause unintended INJURIES:**

- Defective e-cigarette batteries have caused fires and explosions
- Poisoning by toxic nicotine exposure through swallowing, breathing, or absorbing e-cigarette liquid through skin or eyes

## What can PARENTS do to address the use of vaping?

- ◆ Set a good example by being tobacco-free. Reach out for assistance if needed!
- ◆ Set up an appointment with your child's health care provider so that they can hear from a medical professional about the health risks of tobacco products, including e-cigarettes.
- ◆ Encourage your child to learn the facts and get tips for quitting tobacco products at [Teen.smokefree.gov](http://Teen.smokefree.gov). Talk to them about why all forms of tobacco products are harmful for them.

**When talking, be patient and ready to listen.**

- Avoid criticism and encourage an open dialogue. Remember, your goal is to have a conversation, not to deliver a lecture.
- It's OK for your conversation to take place over time, in bits and pieces.

**Find the right moment to talk.**

A more natural discussion will increase the likelihood that your teen will listen. Rather than saying "we need to talk," you might ask your teen what he or she thinks about a situation you witness together, such as:

- Seeing someone use an e-cigarette in person or in a video.
- Passing an e-cigarette shop when you are walking or driving.
- Seeing an e-cigarette advertisement in a store or magazine or on the internet.



Reach out to your healthcare provider for any further questions on e-cigarettes or other forms of tobacco, assistance with quitting, or supporting a family member or friend in their quit process.