

# Keeping it Current

## Raising Healthy Teens

### Vaping



**Did you know?**

**There are vape pens that look like highlighters.**

**Highlight vape pens target students since they are colorful, discreet, and disposable.**



Vaping is inhaling aerosol (mist) created by an electronic cigarette (e-cigarette) or other vaping device. E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid. E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products—flavorings, and other chemicals that help to make the aerosol. Users inhale this aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales.

### The Facts

- The use of e-cigarettes is unsafe for kids, teens, and young adults.
- Most e-cigarettes contain nicotine. Nicotine is highly addictive and can harm adolescent brain development, which continues into the early to mid-20s.<sup>1</sup>
- E-cigarettes also contain many harmful ingredients such as ultrafine particles, flavorants like diacetyl, and heavy metals including nickel, tin, and lead.
- E-cigarettes can be used to deliver marijuana and other drugs.
- Youth may turn to vaping to try to deal with stress or anxiety, creating a cycle of nicotine dependence. However, nicotine addiction can be a source of stress.

## The Risks

- Nicotine is highly addictive
- Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control.
- Vaping can hurt the lungs too, including worsening of existing lung conditions, increased risk of developing asthma, irreversible lung damage, EVALI, and COPD among others.
- Sleep problems
- Exposure to cancer-causing chemicals
- Young people who use e-cigarettes may be more likely to smoke cigarettes in the future.

## Warning signs

- New health issues like coughing or wheezing
- Finding e-cigarette supplies (cartridges, USB drives, new batteries or chargers)
- Fruity or sweet scents
- Dry mouth or dehydration (they might have dark circles under their eyes)
- Nosebleeds
- Persistent cough
- If you find items such as discarded cotton balls, thin metallic oils, pods, or atomizers (the small devices that turn the liquid into vapor) in your child's backpack or trash.



VISIT US ONLINE: [AHC-STL.org](https://www.AHC-STL.org)

[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html)  
<https://www.lung.org/getmedia/a6d095c7-2c0b-436a-95f0-a1088c9ecf6e/e-cigarettes-parents.pdf.pdf?ext=.pdf>  
<https://www.healthychildren.org/English/health-issues/conditions/tobacco/Pages/Facts-For-Parents-About-E-Cigarettes-Electronic-Nicotine-Delivery-Systems.asp>