

E-Cigarettes - “Vaping” – Information for Parents

E-cigarettes have become very popular with adolescents. These devices are also known as electronic nicotine delivery systems (ENDS). They produce an aerosolized mixture containing flavorings and nicotine that is inhaled by the user. ENDS can look like cigarettes, cigars, pipes, flashlights, flash drives or pens. One in four high school students have reported ENDS use and about 25% of high school seniors vape daily.

They are not safe! -

- The vapors produced from the solutions in ENDS devices contain harmful chemicals like propylene glycol (antifreeze) and glycerol, that when heated form cancer causing compounds. A study published in March of 2018, found substantially increased levels of five cancer causing compounds in the urine of teenagers who vape.
- Some vaping liquids contain a chemical, diacetyl, that is used as a flavoring and has been linked to “popcorn lung,” the scarring and blockage of small airways in the lungs.
- The nicotine in ENDS is addictive and can harm brain development.
- There are reports of ENDS devices exploding, causing burns or fires
- Vapor from ENDS is harmful to growing lungs
- Long-term health effects on users and bystanders is unknown

Common terms used regarding vaping -

- “Juuling,” another word for vaping, has become a popular word among e-cigarette users. It refers to a specific brand of ENDS called a Juul. It resembles a flash drive.
- E-juice and vape sauce are common names used for the liquid used in ENDS devices.
- “Dripping,” is directly putting the vaping liquid onto the heating coil of an ENDS device, rather than using the mouthpiece to vape. This makes the vapor thicker and stronger.

Other things to know -

- Teens admit to buying ENDS online, at gas stations and convenience stores. The legal age to buy these products in New Jersey is 21.
- A company called VaprWear makes hoodies and backpacks that make it easy to conceal ENDS devices
- Many of the labels of e-cigarette solutions resemble well-known candy wrappers like those of Jolly Ranchers and Blow Pops.
- Teens who have used e-cigarettes, are about 4 times more likely to smoke traditional cigarettes.
- ENDS can be used to smoke marijuana

References: healthy children.org, NY Times, April 2, 2018