

e-cigarettes

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What's true, what's not?

How much do you know about e-cigarettes?

1. The liquid nicotine solution can poison someone who swallows it or has skin contact.
 True False
2. Nicotine in e-cigs is addictive and can have neurotoxic effects on kids' brains.
 True False
3. Second-hand vapor harms the lungs.
 True False
4. A young child can be killed from swallowing as little as a half-teaspoon of nicotine.
 True False
5. The legal age to buy e-cigarettes is 21.
 True False
6. In 2019, 34% (that's 1 in 3) of New Mexico high school students reported vaping.
 True False

All 6 statements are true.

How to talk to your teen

Many teens do not consider e-cigarettes and vaping to be "smoking." When questioned, they may say they do not smoke and feel that they are being honest. So, it's vital to expressly ask your teen/pre-teen about using a vaping device. They are sold under many brand names — Blu, Juul, Halo and KandyPen, for example — and your child may refer to their item by the brand name.

Many teens/pre-teens start using these products believing that they are safe and non-addictive. Untrue on both accounts. An average e-cig cartridge contains 1-59 mg/ml of nicotine. Most youth do not know the amount in their product because they do not think it is important. Many are lured by the e-liquid flavors that make e-cigs seem fun and age-appropriate. Over time, teens who use e-cigarettes are more likely to turn to traditional tobacco products and to use their devices to vape marijuana, herbs and waxes.

Be open and honest with your child about the realities of e-cigarettes. Knowledge is power and can help your teen make a good decision. If they are already using a device, there are resources to help them stop. Start by talking to your pediatrician.

5 things you should know about e-cigarettes

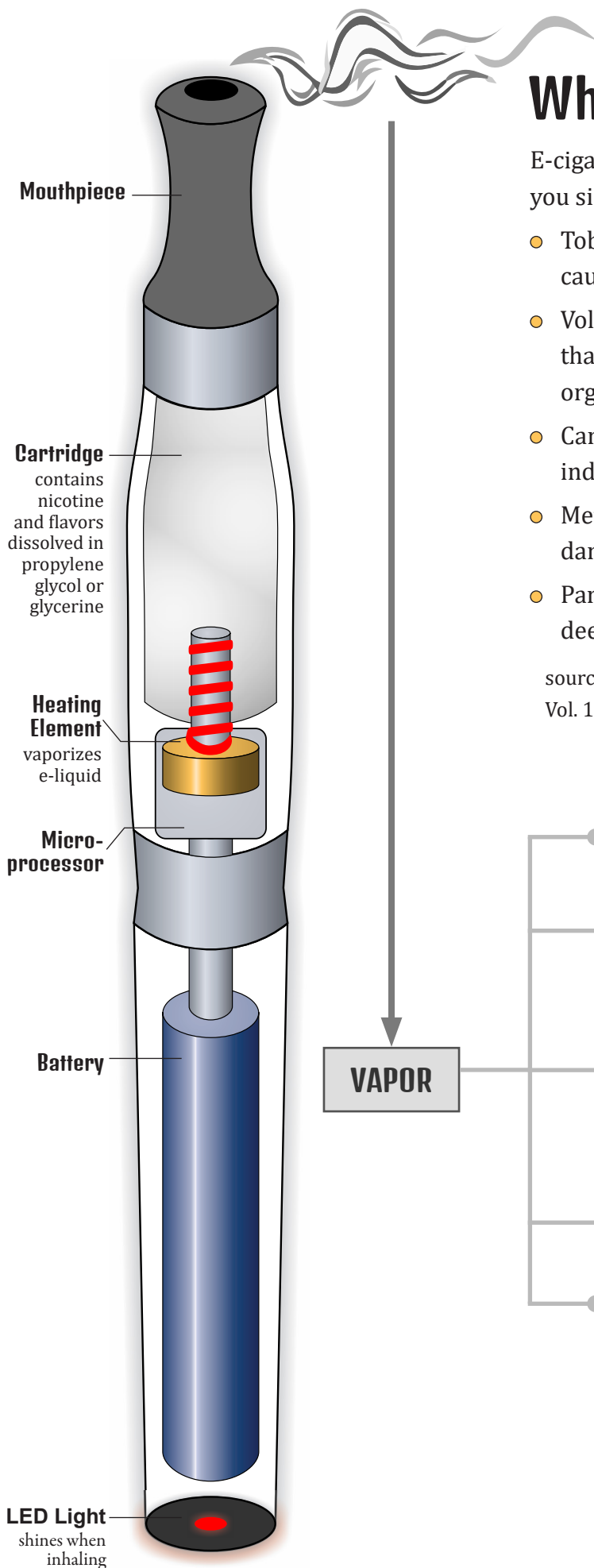
- **ONE.** E-cigs come in many sizes and shapes to resemble cigars, flash drives, pens and pipes.
- **TWO.** E-cigs work by heating a liquid, so it turns into an aerosol (vapor) to be inhaled.
- **THREE.** Devices are powered by batteries that can malfunction, causing fires and burns.
- **FOUR.** E-cigs come in many flavors to hide the nicotine taste and to entice young users.
- **FIVE.** E-cig cartridges contain nicotine in a liquid solution that can poison children and adults through ingestion and skin contact.

What's in an e-cigarette?

E-cigarette vapors may contain chemicals that can make you sick:

- Tobacco-specific nitrosamines (TSNA) — thought to cause lung, oral and other cancers
- Volatile organic compounds (VOC) — polluting gases that irritate eyes, nose and throat; damage nerves and organs; and even cause cancer.
- Carbonyl compounds — often toxic substances with industrial uses.
- Metals — including lead, a highly toxic heavy metal that damages the central nervous system.
- Particulate matter — ultrafine particles that can get deep into the lungs and affect breathing.

source: *Journal of Allergy and Clinical Immunology*, Vol. 141, No. 6; Sood, Kesic and Hernandez 1975



VAPOR

Tobacco-specific Nitrosamines

Volatile Organic Compounds

- Benzene
- Toluene

Metals

- Copper
- Lead
- Nickel
- Tin
- Zinc

Carbonyl Compounds

- Formaldehyde
- Acetaldehyde
- Acetone
- Acrolein

Particulate Matter

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