



## Be in the Know about Electronic Cigarette Devices

### What is an electronic cigarette (e-cig)?

- E-cigs come in many shapes, sizes and vapor production levels
- They may be referred to as e-cigs, vape pens, JUULs<sup>®</sup>, or mods

#### *Did you know?*

The FDA has not found e-cigs to be safe and effective in helping smokers to quit entirely

#### *Reasons young people give for using e-cigs:*

- 47% - Peer pressure
- 29% - Enjoy the flavors
- 25% - Think they are safer than cigarettes
- 21% - To get a “buzz”

### What is in an e-cig?

- Heating element
- Liquid containing:
  - nicotine
  - flavoring
  - other chemicals
- The liquid is heated by the e-cig into a vapor
- The vapor, which is inhaled, comes in strengths averaging 42-59 % nicotine
  - Conventional cigarettes have 10-12 % nicotine

### What are the dangers of e-cig use?

- Harms brain development, specifically in adolescents
- Can cause heart attacks, strokes, heart disease, lung issues/diseases
- E-cig use is associated with emphysema, chronic bronchitis and Chronic obstructive pulmonary disease (COPD)
- Acute Respiratory Distress Syndrome (also known as wet lung) has emerged from e-cig use

#### *Young people and e-cigs:*

The most common e-cig is the JUUL<sup>®</sup>

15-20% of young people aged 15-21 say they have tried a JUUL<sup>®</sup>

In 2019, 21% of high school students used an e-cig

#### *E-cigs and nicotine:*

Nicotine is found in nearly all e-cigs, making them addictive

Tobacco companies have purchased most of the e-cig companies. E-cig sales are projected to surpass cigarette sales by 2023

### What can be done to help?

- Educate yourself by doing research
- Educate others especially teens
- Support proper legislation and policies that regulate electronic cigarette products

Sources: American Lung Association, University of North Carolina (2018), University of Minnesota (2017), Centers for Disease Control and Prevention



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