E-Cigarettes & Vaping Facts & Stats



Critical Analysis of E-Cig & Vaping Ads

Claim #1: E-Liquid is All Natural

This claim is false. E-liquid contains propylene or ethylene glycol, food preservatives such as vegetable glycerin, artificial flavorings, and other synthetic chemicals.

Claim #2: Contains Harmless Water Vapor

This claim is false. Although e-liquid may contain water, it is a chemical syrup that, when heated, turns into a vapor that coats the lung tissue with a thin layer of chemicals.

Claim #3: E-Cigs are Safer than Cigarettes

This claim is false. Tobacco contains 2500-5000 harmful toxic chemicals. E-liquid contains 20-50 harmful toxic chemicals. Just because the math looks better does not mean they are safe or even safer. They both contain nicotine which has negative effects on brain development.

Claim #4: It Will Help People Quit Smoking

This claim is somewhat true. Research indicates that only about a third of smokers quit tobacco by switching to vaping, but they still have not quit using nicotine.

Accidental exposure to e-liquid may be dangerous and deadly for children under the age of 5. Flavored e-liquid can be appealing to young children but may contain several times the lethal dose of nicotine for toddlers.

30%

more nicotine is ingested when using the Juul vaporizer compared to a traditional cigarette.

62%

of people who try nicotine products become addicted.

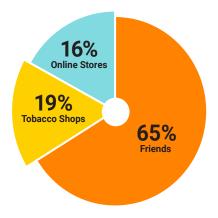
Effects of E-Liquid

- Throat irritation, coughing, dry mouth
- Headache, nausea
- Elevated heart rate and blood pressure
- Impaired lung function
- Chronic bronchitis and emphysema
- Worsened asthma
- Chronic obstructive pulmonary disease (COPD)
- Toxic levels of heavy metals, such as chromium, nickel and lead
- Seizures
- E-Cigarette or Vaping Associated Lung Injury (EVALI) and death
- Thigh and mouth burns from exploding vape pens

EVALI – E-Cigarette or Vaping Associated Lung Injury

A respiratory illness caused by vaping nicotine and/or marijuana e-liquid resulting in cough, chest pain, shortness of breath, congestion, nausea, increased heart rate, and death.

Where do Youth Get Vaping Products?



For more information and resources on this topic, please visit BrainAbouts.org BrainAbouts® powered by the John Fontaine Jr. Charity