

E-Cigarettes & Vaping: Myths vs. **FACTS**

Myth: E-cigarettes are easy to recognize.

FACT: Vaping devices can vary in appearance and be difficult to spot. Some e-cigarettes may look like regular tobacco products, such as cigarettes, cigars, or pipes. But others are disguised as everyday items, such as pens, USB drives, water bottles, phone cases, asthma inhalers, and smart watches. Specially designed hoodies and backpacks can even conceal vaping devices.

Myth: Most e-cigarettes do not contain nicotine.

FACT: Most e-cigarettes **do** contain nicotine! In fact, some e-cigarettes may contain as much nicotine as 20 cigarettes! Nicotine is the highly addictive drug in tobacco. Young people are especially vulnerable to nicotine addiction because their brains are still developing. Nicotine use by young people can lead to mood disorders and permanent problems with impulse control. Nicotine also is toxic to developing babies during pregnancy.

With the popularity of e-cigarettes, you may think you already know everything about vaping. However, the facts about e-cigarettes are clouded in a fog of myths. Let's clear the air and dispel some common myths about vaping!

Myth: E-cigarettes produce just a harmless water vapor.

FACT: E-cigarettes produce an aerosol (tiny particles or droplets suspended in the air), **not** water vapor! In addition to the addictive drug nicotine, e-cigarette aerosol can contain other harmful and potentially dangerous substances, including:

- Cancer-causing agents, such as formaldehyde
- Toxic metals, such as lead, nickel, and chromium
- Volatile organic compounds, such as benzene
- Ultrafine particles that can go deep into the lungs
- Flavorings, including diacetyl, which can cause lung disease

Myth: Unlike secondhand tobacco smoke, vaping does not expose bystanders to dangerous substances.

FACT: E-cigarette users breathe the harmful substances in e-cigarette aerosol into their lungs and then exhale them into the air, where bystanders can be exposed to them. The e-liquid (vape juice) in e-cigarettes can also cause serious or fatal nicotine poisoning if swallowed or absorbed through the skin. Only half a teaspoon of e-liquid can be fatal to a toddler.

Myth: E-cigarettes are not a fire hazard like regular cigarettes.

FACT: Vaping devices have exploded because of defective batteries, resulting in fires, severe burns, and other traumatic injuries.

Myth: Young people who use e-cigarettes are unlikely to become smokers or turn to other drugs.

FACT: Young people who use e-cigarettes may increase their risk of turning to regular cigarettes or other drugs. Nicotine addiction can groom their brains for addiction to other drugs, such as cocaine. E-cigarettes are also used to vape marijuana.

Myth: Vaping is a safe alternative to smoking.

FACT: There's nothing safe about nicotine addiction and exposure to hazardous substances! Vaping has been associated with serious lung injury and disease, sometimes leading to death.

Bottom Line: E-cigarettes are unsafe for young people, pregnant women, and nonsmoking adults. If you smoke or use e-cigarettes, work with your healthcare professional to quit successfully.

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