

# Vaping Facts & Myths

## What are Vapes?

Vapes are Electronic Nicotine Delivery System (ENDS) units.

- ENDS includes: vapes, e-cigarettes, hookah pens, mods, tank systems, etc.
- To operate, tanks/chambers are filled with e-liquid or juice composed of nicotine, flavoring and other chemicals. Some vapes have pre-filled cartridges. The liquid is heated by the device into a vapor or aerosol and inhaled.
- Most vape liquids have nicotine in them.
- The vape liquids are sold with flavorings which are attractive to youth.
- Vape liquids can be purchased with THC (Marijuana) in them.

## Health Risks

There is little scientific research available as to the long term effects of vape use.

### What we do know:

- Nicotine is an addictive drug
- Even one exposure to nicotine can cause addiction in an adolescent brain.
- Vaping can cause several negative side effects including, high blood pressure, insomnia, irregular heart rate, shortness of breath, headaches, dizziness, agitation and upset stomach.
- By-products of vaping can include ethylene glycol (antifreeze); benzene (car exhaust); formaldehyde; and heavy metals such as tin and zinc.



**Vape Myths:** It is safe, it helps you quit smoking and it's just water vapor.

**The Law:** In 2019, Michigan banned the purchase or possession of vapes and vape juices by minors.

## What parents can do

- Talk to your teen, explain the risks
- Continue learning, this is an ever-changing industry
- Make it clear you do not approve of vaping use
- Be a role model for healthy habits



**Risk:** Research in PEDIATRICS indicates teens who vape are six times more likely to start using cigarettes.



For more information, call or register online for our programs:

Drugs 101: What Parents Want to Know | Vaping 101: What's Important to Know

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If you would like to bring these programs to your community contact us at: [healthed@trinity-health.org](mailto:healthed@trinity-health.org)

Online Resources: [e-cigarettes.surgeongeneral.gov](http://e-cigarettes.surgeongeneral.gov) • [drugfree.org](http://drugfree.org) • [kidshealth.org](http://kidshealth.org) • [cdc.gov/parents/teens/index.html](http://cdc.gov/parents/teens/index.html)