

## Eight Facts About E-Cigarettes and Vaping that Every Parent Should Know

1. **[E-cigarettes](#)**, available in the US since around 2007, are battery powered devices that provide the user with an aerosolized dosage of nicotine, flavor, and other chemicals. Other common names for an e-cigarette include vaporizer, vape pen, electronic hookah, and hookah pen.
2. **Aside from some [state](#) and local laws that restrict access to minors, e-cigarettes are currently unregulated from a health and safety standpoint.** Due to their unregulated status, youth are again [being inundated with advertising](#) for a tobacco-linked product. The FDA regulates traditional tobacco products like cigarettes, cigars and smokeless tobacco, and is currently in the rule making phase of a process to [regulate e-cigarettes as tobacco products](#).
3. **E-cigarettes are included in most school districts' [Tobacco Free Schools policy](#), which means that use of electronic vaping devices is not allowed on school property or at school sponsored events.**
4. **The [amount of nicotine](#) in refillable bottles containing e-liquid juice doesn't always match what it says on the label, particularly if the label says "nicotine-free."** The alarming [increase of nicotine poisonings](#) among children under 5 years of age highlights another significant risk of e-cigarette use, an increase that is due in part to increased use of e-cigarettes by youth and the increasingly popular refillable tank devices.
5. **Nicotine, aside from being extremely addictive, poses a significant risk to human health.** Nicotine is linked to [heart disease](#), [immune suppression](#), and [changes to the structure of the adolescent brain](#), which may explain why early exposure to smoking is significantly likely to lead to a lifelong struggle with nicotine addiction.
6. **[Testing](#) has shown that e-juice contains some of the same cancer causing chemicals that cigarettes do.** Additionally, the vapor from e-cigarettes contains chemicals that [can damage lung cells](#), cause [respiratory issues](#), and are linked to [chronic lung disease](#). Because e-cigarettes are so new, their long term impact on human health is unknown.
7. **E-cigarettes are incredibly attractive to youth and stand poised to undo successes made in the reduction of youth tobacco use.** Teen smoking rates [continue to drop](#), which is great news. At the same time, e-cigarettes use among youth is a rapidly [growing problem](#). While e-cigarettes may be a way for long-time adult smokers to quit, a claim that is still unproven, youth don't use cigarettes as cessation devices. In fact, many youth who would never use cigarettes try out e-cigarettes because they are [curious about them and don't see them as harmful](#), and then continue to use them.
8. **Research suggests that even if youth have never smoked before trying e-cigarettes, they are more likely to try cigarettes in the future.** A recent [longitudinal study](#) of teens in L.A. found that teens who try e-cigarettes are significantly more likely to try cigarettes or other tobacco products within a year of initiating use and become long-term smokers. A [2012 study](#) of young adults in Colorado (18-24) who smoke found that 54% also used e-cigarettes.