

DRUGS AND THEIR DANGERS

# E-CIGARETTES AND THEIR DANGERS

by Kari A. Cornell



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# FACT SHEET

- Between 2017 and 2018, the number of teens who used e-cigarettes increased by 75 percent.
- One Juul e-cigarette pod and twenty cigarettes contain the same amount of nicotine.
- Teens who vape are seven times more likely to start smoking.
- Vape pens were introduced in the United States in 2007 as a way for adults to quit smoking traditional cigarettes.
- Eighty percent of young people between the ages of 15 and 24 who try Juul keep using it.
- Popular companies include Blu, MarkTen XL, and Juul.



- In a 2016 study, 90 percent of those who tried to quit smoking by using e-cigarettes were still smoking after one year.
- Withdrawal symptoms from nicotine usually last three to four weeks.
- Sixty-six percent of teens don't know Juul pods contain nicotine.

# WHAT IS AN E-CIGARETTE?

**E**-cigarettes have many names. They are called vape pens, tanks, or pods.

Sometimes they are called electronic nicotine delivery systems (ENDS). Vape pens were introduced in the United States in 2007. They were meant to help adults quit smoking cigarettes. They were thought to be safer than cigarettes. They would be



***E-cigarettes come in many shapes and sizes.***

used like nicotine patches. They provided another way to get nicotine. The idea was that users would smoke fewer cigarettes.

Since 2007, more than 460 brands of e-cigarettes have become available. The most popular is Juul. It is a newer brand. It hit stores in 2015. In 2018, the brand made up 72 percent of the e-cigarette market. Teens call vaping with a Juul pod “juuling.”

### **HIDING IN PLAIN SIGHT**

The device looks like a portable flash drive or a pen. It has a mouth piece at the top.

### **LOOKING COOL**

The vaping device is designed to appeal to teens. Some combine with smartphones. Others look like small flashlights. Many vape pens can be personalized with patterned covers called skins.



Inside the device are heating coils. They warm the vape liquid. The liquid comes in a small cartridge. It slides into the device. Vape liquid comes in many different flavors. These liquids are called e-juice, e-liquid, or oil. They contain a mix of glycerin, nicotine, or marijuana. They also include flavoring chemicals.

The flavors are often fruity and candy-like. This appeals to kids. E-liquid is available in mango, mint, vanilla, bubble gum, and chocolate. There is even a flavor called “unicorn puke.” These flavors mask the smell of other drugs in the e-liquid.

# GLOSSARY

**addiction**

dependence on a substance, thing, or activity

**adrenal glands**

organs that produce hormones like adrenaline

**alveoli**

tiny air sacs in the lungs that allow people to breathe

**dopamine**

a chemical released by nerve cells in the body that sends signals to other nerve cells and makes the body feel good

**epidemic**

an outbreak of disease in a community at a particular time

**nicotine**

an addictive chemical found in the tobacco plant

**receptor**

a cell that responds to chemicals or hormones in the body

**tolerance**

ability to endure a substance

**withdrawal**

the process of stopping taking a drug

# SOURCE NOTES

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# FOR FURTHER RESEARCH

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