

E-cigarettes/Vaping: Questions and Answers



By David Brottnan MD

In the last few years, more and more of our pediatric patients have admitted to “Vaping”! They tell us that it is so safe and it can’t hurt them. The following are “Questions and Answers” about vaping.

Q: Can E cigarettes can help you quit smoking?

A: E-cigarettes are falsely advertised as a way to help smokers quit, but this has not been proven and is not recommended by the nation’s leading health organizations. E-cigarettes are sold in many colors, shapes, sizes, and flavors like vanilla, chocolate, and bubble gum to appeal to teens. The devices have a battery, vaporizer, and cartridge that make an aerosol mist that is inhaled. Smoking e-cigarettes is known as “vaping.”

Q: Are E cigarettes are safe?

A: Teens may try E-cigarettes because they think they’re safer than regular cigarettes. However, chemicals, including nicotine, anti-freeze, diethylene glycol and carcinogens like nitrosamines have been found in e-cigarettes.

Shocker Information E-cigarettes do not have to follow the same rules as other tobacco products. This means that the amount of nicotine and other harmful ingredients in each cartridge is not always the same across brands, and can even differ from what is listed on the product’s label.

Q: If my child vapes, will it prevent her/him from becoming a smoker?

A: E-cigarette use is associated with future standard cigarette use. That’s right! Multiple studies have shown that vaping nicotine often leads to smoking (burning tobacco). The nicotine addiction is the issue.

Q: How likely is it that my child will vape?

A: In 2017, a survey was conducted that revealed that 27.8 percent of high school seniors reported “vaping” in the year prior to the survey. When asked what they thought was in the mist they inhaled the last time they used the vaping device, 51.8 percent of 12th graders said, “just flavoring,” 32.8 percent said “nicotine,” and 11.1 percent said “marijuana” or “hash oil.” The survey also asks about vaping with specific substances during the past month. It is important to note that some research suggests that many teens do not actually know what is in the device they are using.