

# E-cigarettes/Vaping: Questions and Answers



By David Brottman 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.

**E-cigarettes:  
A Threat to Health**

The American Academy of Pediatrics believes e-cigarettes and other electronic nicotine delivery systems are a significant danger to the health of children and nonsmokers. For more information, visit [bitly.com/AAPpolicy](http://bitly.com/AAPpolicy).

**More than 7,700 flavors of e-cigarettes exist, including fruit and sweet flavors that appeal to children and youth.**

**It is not safe to use e-cigarettes near children: There are cancer-causing chemicals in the exhaled e-cigarette vapor.**

**Minors can easily purchase e-cigarettes online, or - in some states - at convenience stores.**

**Less than half a teaspoon of a nicotine-containing e-cigarette solution can be fatal to the average toddler.**

**Ads for e-cigarettes are targeting adolescents and appear on TV, radio, and online.**

**Most e-cigarettes contain nicotine. Nicotine is a highly addictive, harmful drug.**

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*For more information about E-cigarettes/Vaping, please call Arlington Pediatrics Ltd at 847-398-0400. One of our physicians will be happy to answer your questions about this dangerous activity.*

**References:**

1. Trajectories of E-Cigarette and Conventional Cigarette Use Among Youth. Pediatrics Volume 141, number 1, January 2018
2. E-cigarettes: Dangerous, Available & Addicting, Healthy Children.org
3. Vaping popular among teens; opioid misuse at historic lows, National Institute on Drug Abuse, Thursday, December 14, 2017
4. Electronic Nicotine Delivery Systems. AAP.org