

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

734-398-7518 • stjoeshealth.org/classes

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

Online Resources: e-cigarettes.surgeongeneral.gov • drugfree.org • kidshealth.org • cdc.gov/parents/teens/index.html