

THE HARMFUL EFFECTS OF VAPING ON DELAWARE YOUTH.

E-cigarettes are not approved as smoking cessation devices by the U.S. Food and Drug Administration (FDA).

Here are some reasons why e-cigarettes can be just as harmful, if not more so, than regular cigarettes when used by students and adolescents.

ADVERSE EFFECTS ON THE BRAIN.

According to the Centers for Disease Control and Prevention (CDC), nicotine is highly addictive and harmful to adolescent brain development, which continues from birth until about age 25. Nicotine impacts mood as well as learning, attention, decision-making, and impulse control. E-cigarette use also makes adolescents more likely to use regular cigarettes later in life and increases their risk for future addiction to other drugs. Worse, nicotine is concentrated in e-cigarettes — just one pod of vape juice can contain the nicotine equivalent of 20 regular cigarettes.

DANGER TO THE LUNGS.

E-cigarette aerosol is not as harmless as manufacturers would like Delaware youth to believe. In fact, those who use e-cigarettes, breathe in such dangerous ingredients as:

2,3-pentanedione

Formaldehyde

Acetoin

Glycerin

Arsenic

Nitric oxide

Benzaldehyde

Propylene glycol

Cadmium

Toxic solvents

Diacetyl

Unknown elements

Ethylbenzene

Volatile Organic Compounds (VOCs)



HEAVY METALS GET INTO LUNGS TOO.

Aside from dangerous chemicals and compounds, e-cigarette aerosol frequently contains such toxic metals as:

Aluminum	Nickel
Cadmium	Silicon
Chromium	Tin
Copper	Titanium
Iron	Tungsten
Lead	Uranium
Manganese	Zinc



E-CIGARETTES VS. REGULAR CIGARETTES: WHICH IS MORE DANGEROUS?

There are no winners here. Combustible tobacco cigarettes are known to cause cancer and contain smoke, tar, nicotine, burn agents, and some 7,000 chemicals. But e-cigarettes come with their own cancer-causing and often questionable contents, including volatile organic compounds (VOCs), ultrafine particles, and heavy metals.

In fact, the CDC's Office on Smoking and Health (OSH) developed a "Know the Risks" presentation to educate youth about the perils of e-cigarette use. An adaptation of this presentation, which includes Delaware-specific statistics and information, can be viewed and downloaded for free at www.VapeFreeDE.com.

E-LIQUIDS ARE A POISON RISK TO SMALL CHILDREN.

Since 2011, more than 4,000 incidents involving the ingestion of liquid nicotine (vape juice) have been reported in the U.S.* As little as **a teaspoon of highly diluted nicotine can kill a small child**. Even skin contact is a safety concern. Vape juices should never be left within reach of infants or children.

* Source: 2014, American Association of Poison Control Centers