

# VAPING: WHAT IS IT?

## Quick Facts on Vaping

- Vaping devices can come in many different forms. One type of e-cigarette that is very popular is Juul.
- Often times e-cigarettes or vapes are advertised as tobacco, tar, and nicotine-free. Currently, the FDA does not regulate the chemicals in these devices. These battery-powered devices turn liquid (e-juice) containing nicotine, flavorings, and other chemicals into a vapor which is inhaled.
- When it comes to nicotine levels, one Juul pod contains the same amount of nicotine as a pack of cigarettes. E-juice may vary based on the type and brand used.
- Research is also finding that even though some juices claim to have 0% nicotine, when tested there are detectable amounts of nicotine found.
- Despite their attractive appearance people must be 18 years or older to purchase them.
- E-cigarettes are not just used to vape e-juice, but marijuana as well.

By: Kristi VanDeRostyne  
Harrisburg Middle School  
Prevention Counselor

Questions/concerns please contact me  
kvanderostyne@carrollinstitute.org



## Health Effects

The nicotine in e-liquids readily absorbs into the bloodstream when a person uses an e-cigarette. As with most addictive substances, nicotine increases levels of chemical messenger in the brain called dopamine which affects parts of the brain that control reward. This can lead to addiction. Even the juices that claim not to have nicotine, have other chemicals such as diacetyl and diethylene glycol. These cause respiratory complications as well as other problems. The e-juice can be lethal when absorbed through the skin or ingested in its pure form.

The teen years are critical for brain development, which continues into young adulthood. Young people who use nicotine products in any form are uniquely at risk for long lasting effects. Nicotine affects the development of brain circuits that control attention and learning. Other risks include mood disorders and permanent problems with impulse control. (DrugAbuse.org)