

How Risky Are E-Cigarettes for Young People?

According to the Centers for Disease Control & Prevention (CDC):

- The use of e-cigarettes is unsafe for kids, teens, and young adults.
- Most e-cigarettes contain nicotine. Nicotine is highly addictive and can harm adolescent brain development, which continues into the early to mid-20s.¹
- E-cigarettes can contain other harmful substances besides nicotine.
- Young people who use e-cigarettes may be more likely to smoke cigarettes in the future.

And from a recent article published by Consumer Reports:

We're still learning about the risks, but some findings are worrisome. Many e-cigarettes contain nicotine, the same addictive component in tobacco products (but not a substance that increases cancer risk). Nicotine is bad news for young brains, according to Jonathan Klein, M.D., M.P.H., a professor of pediatrics at the University of Illinois at Chicago. "Youth are more susceptible to addiction in that teens become addicted more quickly than adults do because of the way that young people's brains are still developing."

And a comprehensive review of e-cig dangers published earlier this year by the National Academy of Sciences Engineering and Medicine (NASEM) found that **teens who try e-cigs are more likely to progress to smoking tobacco cigarettes than those who don't.**

Additionally, "e-cigarettes contain chemicals that are physically harmful to lungs," says James E. Rogers, Ph.D., Consumer Reports' director of food safety research and testing. "While there are some water vapors used with e-cigs that don't have nicotine, they have other materials, such as the flavorings and other things, that can cause respiratory disease."

Research in teens has demonstrated that e-cig use exposes them to many of the same cancer-causing toxins found in regular cigarettes. However, e-cigs overall likely contain lower levels of such chemicals than conventional cigarettes do, at least according to the NASEM report. But the authors of that report also note that evidence suggests e-cigarettes may expose people to higher levels of some toxic heavy metals than combustible cigarettes do.

How Can You Keep Your Kids From Using E-Cigarettes?

The American Academy of Pediatrics recommends (PDF) talking with your child about e-cigarette use. Instead of sitting down for a formal discussion, it may be more effective to be more casual. For instance, ask them what they think of e-cigarettes if you see an ad or notice someone using one.

But do provide the facts, Klein says—kids may be misinformed. In fact, a recent survey by the anti-tobacco Truth Initiative found that 63 percent of respondents ages 15 to 24 who used devices made by one of the e-cig companies cited in today's FDA announcements were unaware that the products contained nicotine.



Juul pen & charger



Blu



Logic



Alto by Vuse



AerolInhaler



DaVinci IQ



Rubi (with refillable pod)



PAX 3



Aspire Breeze