

Vaping: IS IT SAFE?



Usually an e-cigarette consists of the following parts:

- mouthpiece
- battery
- cartridge for e-liquid or e-juice
- heating component

Explain how the e-cigarette works:

A light turns on in the tip of the device when the smoker takes a puff. The battery heats which turns the e-liquid into an aerosol spray. This spray is a mist, or vapor + smoker inhales.

The e-liquid usually contains the following ingredients:



- Propylene glycol w/ nicotine
- flavoring + other chemicals but not tobacco. — Flavors: fruits + candy

What is the health risk in cigarette smoke?

- gives off noxious gases: carbon dioxide and hydrogen cyanide
- contains tar → carcinogen

Why are many e-cigarettes safer than cigarettes?

They don't produce the tar or toxic gases that cigarettes do

Why are the negative health effects of e-cigarettes?

Nicotine is addictive + increases heart rate + blood pressure. Impairs brain development.

What is a Juul?

e-cig small discrete

How much nicotine is in a Juul pod?

One pod = 200 puffs = pack of cigarettes

cig = 8-20 mg each

Why are experts concerned with the popularity of the Juul among teens?

Nicotine is highly addictive + Juul has much more nicotine than other devices.

What is the effect of the Juul's combination of nicotine and salt and why is it a concern?

It makes the vapor less harsh so the user can inhale more strongly and for a longer period of time.