Risks of E-Cigarette and Vape Pen Use

Although the overwhelming majority of young people do not use e-cigarettes, the recent increase in use among adolescent is concerning to health professionals.

- Nicotine use in early adolescence causes changes in the brain that make life-long addiction much more likely for young e-cig/vape users.

- Ear, eye and throat Irritation is common among e-cigarette/vape pen users.

- The aerosols produced by the chemicals in e-juice, enter into the user’s lungs unfiltered and leave chemical residue behind.

- Nicotine is known to have effects on the cardiovascular system. Some recent studies show that acute use of e-cigarette impaired flow-mediated dilation, this suggests that e-cigarettes can lead to cardiovascular diseases.

- Recent studies show that e-cigarette/vape pen use is associated with the use of other tobacco products that are known to cause further health issues, including cancer and heart disease.

- Many people incorrectly believe that these devices produce a water vapor when in fact they create aerosols that contain harmful chemicals, and ultra-fine particles that are inhaled into the lungs and out into the environment, making them harmful to the user and other nearby.

- These devices are still very new so many of the long-term health consequences of their use is still not known. Even still, the mounting evidence shows that these devices are not harmless.

Tobacco Prevention Toolkit
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For more information go to: www.tobaccopreventiontoolkit.stanford.edu