

National Institute on Drug Abuse (NIDA) E-Cigarette Facts



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E-Cigarette Facts

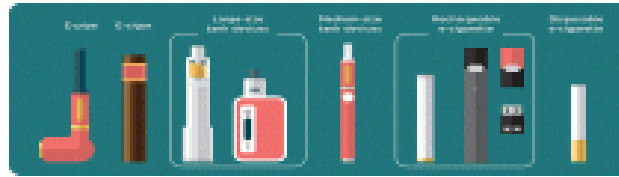


Photo by [CDC](#)

Electronic cigarettes (e-cigarettes or e-vaporizers) are battery-operated devices that people use to inhale nicotine or flavorings into the lungs. When you puff on it, the e-cigarette makes vapor from the liquid in the cartridge. You then inhale this vapor. People call this "vaping."

Some slang names for e-cigarettes are:

- e-cigs
- vapes
- vape pipes
- vape pens

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Signs of E-Cigarette Use

The nicotine in e-cigarettes can make you feel good. It can also raise your blood pressure. Your heart might beat faster. You might breathe faster. And it can make you not want to eat.

E-cigarettes don't smell like the smoke from cigarettes and might not have an odor. But the cartridges might have flavored liquid that can smell like fruit, mint, or candy. If you smell these scents and don't see any of these items around, it could be an e-cigarette.

Some e-cigarettes look like everyday items, like pens or USB drives. If you see someone holding these items a lot, you can take a closer look to see if they are actually e-cigarettes.

One important part of an e-cigarette is called the atomizer. This turns the liquid in the product into a vapor. After a while, these burn out. If you find an atomizer in the garbage, someone in your house might be using e-cigarettes.

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Effects of E-Cigarettes on Brains and Bodies

Inhaling Chemicals

Some people think that because e-cigarettes don't use tobacco, they are not bad for you. But the vapor that goes into e-cigarettes and vaporizers can have chemicals that might hurt you. These chemicals can be very dangerous when they are inhaled. Researchers are studying the effects of these chemicals.

Health Problems for Babies

If a pregnant woman uses e-cigarettes that contain nicotine, her baby might be born too early or too small. Nicotine can cause health problems for the baby.

Health Problems for Teens

The teen years are important for brain growth. Your brain grows until you're about 25 years old. Therefore, using nicotine products in any form, including e-cigarettes, can change the way the brain grows.

Nicotine Poisoning

Nicotine poisoning often happens when young children chew nicotine gum or patches that people use to quit. Or they might swallow e-cigarette liquid that contains nicotine.

Signs of a nicotine poisoning are:

- having trouble breathing
- throwing up
- fainting
- headache
- heart beating really fast or really slowly

If a child has any of these signs after eating or drinking nicotine, you should call 911 right away.

Addiction

You can become addicted to the nicotine in e-cigarettes just like other drugs. When you smoke e-cigarettes, the nicotine quickly gives you a small rush of pleasure and energy. But it soon goes away. This makes you want to use e-cigarettes again and again throughout the day.

Over time, nicotine can change the way your brain works. If you stop using it, your body can get confused and you can start to feel really sick. This makes it hard to stop. This is called addiction.

People who are trying to stop nicotine use might:

- be cranky
- have problems paying attention
- have trouble sleeping
- eat more
- crave nicotine



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Fortunately, there are many ways to quit using e-cigarettes. Some examples are:

- counseling
- nicotine replacement therapy, like chewing gum and patches
- medicines

Some people think that using e-cigarettes will help them quit smoking regular cigarettes, but there is no proof that e-cigarettes help people stop smoking. Also, studies have shown that teens who use e-cigarettes are

likely to start smoking cigarettes in the future.

The phone number 1-800-QUIT-NOW will connect you with people that can help you quit.