



E-Cigarettes & Vapes



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What You Need to Know About E-Cigarettes/Vapes



The Basics

Electronic Nicotine Delivery Systems (ENDS) like e-cigarettes and vapes are battery-operated products designed to turn nicotine and other chemicals into aerosol, which is then inhaled. These products often look like cigarettes, cigars, pipes or pens. E-cigarettes/vapes are sometimes called mods, vape pens, or e-cigs. Some devices resemble USB sticks and are referred to by the brand name. Larger devices such as tank systems, or mods, do not resemble other tobacco products.

The aerosol produced by these products can contain harmful and potentially harmful substances, including:

- Nicotine
- Ultrafine particles that can be inhaled deep into the lungs
- Flavoring such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead

NOTE:

E-cigarettes/vapes should never be used with other smoked tobacco products.

Risks

- Unknown health effects of long term use
- Studies show that the majority of e-cigarettes/vapes contain nicotine, even ones labelled “nicotine free”
- Nicotine negatively impacts adolescent brain development
- Linked to use of other tobacco products among youth

E-Cigarettes/Vapes to Help Quit Smoking

The U.S. Preventive Services Task Force has concluded that evidence is insufficient to recommend e-cigarettes/vapes as a cessation aid at this time. Evidence shows that the use of nicotine replacement therapy (patches, lozenges, gum) in conjunction with counseling through the SC Tobacco Quitline (1-800-QUIT-NOW) increases success in quitting.

E-Cigarettes/Vapes and Youth

- Nicotine in any form is not safe for youth or young adults
- Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulsivity
- Using nicotine in adolescence may also increase risk for future addiction to other drugs
- Adolescent brains build synapses faster than adult brains—nicotine changes the way synapses are formed
- E-cigarettes/vapes are most popular among youth and contain high levels of nicotine. A single device can contain as much nicotine as 10 packs of cigarettes
- South Carolina is one of several states where it is illegal for minors to purchase or to be in the possession of e-cigarettes/vapes