

VAPING AND PREGNANCY

October 2021

WHAT IS VAPING?

Vaping is the act of inhaling the aerosol from an e-cigarette. **E-cigarettes** are electronic devices that deliver nicotine and other chemicals directly to the lungs. They can be refillable or disposable.

They are also known as: Electronic Nicotine Delivery Systems (ENDS) *E-devices * E-pens * E-hookahs * Vape-pipes * Vape-pens * Dap Pens* Dab Rigs * Juice * JUULs * Mods * Pod-Mods * Cigalikes

E-cigarette aerosol is **NOT** just "water vapor"



Prop 65* Chemicals Found in Vapor

Acetaldehyde
Formaldehyde
Isoprene
Toluene
Lead
Nickel
Nicotine
N-Nitrosornicotine



Metals Found in the Vapor

Aluminum
Chromium
Copper
Iron
Manganese
Nickel
Lead
Antimony
Tin
Zinc



Chemicals That Cause Cancer Found in the Urine of People Who Vape

Acrylonitrile
Acrolein
Propylene Oxide
Acrylamide
Crotonaldehyde



Flavor Danger

Diacetyl
Acetyl propionyl
Acetoin

*These **known** chemicals
found in flavorings can
damage the lungs.*

*There are many more
chemicals in flavoring
that are not known.*

* Proposition 65 (Prop 65) is the Safe Drinking Water and Toxic Enforcement Act of 1986. Prop 65 requires any product that contains chemicals known to cause cancer or birth defects or other reproductive harm contain a warning label when sold in the state of California.

Sifting
Through
the
Cloud

Nicotine Harms

Nicotine lowers the amount of oxygen and nutrients that can get to the growing fetus.

Higher Nicotine Absorption

E-cigarettes are made to get more nicotine into the bloodstream, with less irritation, than regular cigarettes.

Labeling Problems

Some products labeled as 0% nicotine, actually had nicotine in them when tested in a lab.

Poisoning

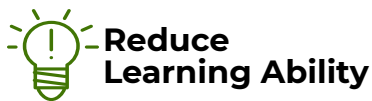
Adults and children can be poisoned by vape juice by swallowing, breathing, or absorbing the liquid through skin and eyes.

COVID-19

People who vape have a higher risk of getting COVID-19 than those who do not use e-cigarettes.

WHAT ARE THE POTENTIAL EFFECTS ON BABY?

Early data shows the following but more studies are still needed.



Small Birth Size



Low Birth Weight



RECOMMENDATIONS



Talk to your doctor or trusted health professional.



Text "quit" to (202) 804-9884 for free support.



Seek professional help from a therapist, health coach, or tobacco specialist.



Contact your local PEHSU.



Enroll in a smoking cessation program.



Search online resources below.

If you have concerns or if someone has ingested nicotine, especially a child, call the Poison Help hotline immediately at **1-800-222-1222**

- Pediatric Environmental Health Specialty Unit (PEHSU) www.pehsu.net
- American College of Obstetricians and Gynecologists (ACOG) www.acog.org
- Healthy Children; American Academy of Pediatrics www.healthychildren.org
- American Lung Association www.lung.org
- SmokeFree Programs www.smokefree.org
- National Institute on Drug Abuse www.drugabuse.gov
- Centers for Disease Control and Prevention (CDC) www.cdc.gov/tobacco
- American Association of Poison Control Centers <https://aapcc.org/prevention/tobacco-liquid-nicotine>
- Truth Initiative <https://truthinitiative.org>

Learn More



Pediatric Environmental Health Center



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Citations at www.childrenshospital.org/pehc. Data collected July 2021. More current information may be available.

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