



E-Cigarettes, E-Hookahs, Hookah Pens, Vape Pipes:

Different Name, Same Problem



Dear Teachers & Parents,

Chances are good that you've heard of e-cigarettes, or e-cigs. But have you heard of e-hookahs, hookah pens, vape pipes, and cloud pens? Generally, these all refer to the same thing: e-cigarettes.¹ The problem? Young people may not know that.¹

Facts to Know

All of these products may contain nicotine. According to Brian King, a senior advisor in the Center for Disease Control and Prevention's office on smoking and health, "We know that nicotine has adverse health effects on the adolescent brain. A lot of these products are advertised as containing no nicotine, but laboratory testing has shown that they actually do."²

An article in *The New York Times* explores the problems associated with the names people use with this type of product. "Public health authorities worry that people are being drawn to products that intentionally avoid the term 'e-cigarette.' Of particular concern is use among teenagers, many of whom appear to view e-cigarettes and e-hookahs as entirely different products when, for all practical purposes, they are often indistinguishable."¹

"The C.D.C. reported in 2013 that the percentage of students in grades 6 – 12 who had tried e-cigarettes more than doubled between 2011 and 2012, growing from 3.3 percent to 6.8 percent. About 160,000 of the 1.78 million students who had experimented with electronic cigarettes as of 2012 had never used conventional cigarettes."² "But the C.D.C. conceded it might have asked the wrong question: Many young people say they have not and will not use an e-cigarette but do say they have tried hookah pens, e-hookahs or vaping pens."¹

What You Can Do

Talk to children and teens, especially those in grades 5 – 9. Young people are most likely to try smoking for the first time between the ages of 11 and 15, or grades 6 to 10.³ Tell them:

All of these products may contain nicotine, whether they say so or not:

- E-cigarettes
- E-cigs
- Vape pipes
- Vaping pens
- Cloud pens
- E-hookahs
- Hookah pens





Then, explain the dangers of nicotine:

- “Nicotine is the highly addictive drug found naturally in tobacco. Nicotine is found in cigarettes, cigars, smokeless tobacco, shisha (the flavored tobacco smoked in a hookah or water pipe), bidis, and kreteks (clove cigarettes). Even if a tobacco product is marketed as ‘all natural,’ it is still addictive because of its nicotine content.”⁴
- “Nicotine raises the heart and respiration (breathing) rates. Nicotine also causes more glucose (blood sugar) to be released into the blood.”⁴
- “Nicotine causes the brain cells to release an unusually large amount of a chemical called dopamine. Dopamine stimulates pleasure centers in the brain.”⁴
- “Repeated doses of nicotine alter the brain’s activities. The brain reduces the amount of dopamine that it produces. The number of receptors that carry dopamine to the cells is also reduced. When this happens, the [person using nicotine] needs nicotine just to have normal levels of dopamine in the brain. If the level of dopamine drops, the [person] feels irritable and depressed.”⁴
- “Examples of nicotine withdrawal symptoms include irritability, anxiety, difficulty concentrating, insomnia, restlessness, and increased appetite.”⁵
- Research suggests that nicotine is as addictive as heroin, cocaine, or alcohol.

Help youth understand the dangers of e-cigarettes and related products. Tell them not to use them and explain why they’re dangerous. You can make a difference!

1. *The New York Times*: Business Day: The New Smoke, “E-Cigarettes, by Other Names, Lure Young and Worry Experts,” by Matt Richtel, March 4, 2014. <http://nyti.ms/1f40uct>
2. Education Week. “E-Cigarettes Cloud Schools’ Anti-Smoking Policies,” by Amanda Ulrich, July 29, 2014. <http://www.edweek.org/ew/articles/2014/07/29/37ecigarettes.h33.html?cmp=ENL-EU-NEWS1>
3. U.S. Department of Health and Human Services. Reducing Tobacco Use: A Report of the Surgeon General. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2000. Chapter Three. Referenced 2013. www.cdc.gov/tobacco/data_statistics/sgr/2000/complete_report/pdfs/chapter3.pdf
4. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. Smoking and Tobacco Use: Frequently Asked Questions (FAQs). Referenced 2014. http://apps.nccd.cdc.gov/osh_faq/topic.aspx?TopicID=8#18
5. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. Smoking and Tobacco Use: Nicotine Addiction. Referenced 2014. http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/you_can_quit/nicotine/