

# 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.



**Reduce Learning Ability**

**Small Birth Size**



**Harm Brain Function**



**Hurt Heart and Lungs**

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

Learn More



**Boston Children's Hospital** | Pediatric Environmental Health Center  
Until every child is well™



Region 1: New England  
**PEHSU**  
Pediatric Environmental Health Specialty Unit

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Citations at [www.childrenshospital.org/pehc](http://www.childrenshospital.org/pehc). Data collected July 2021. More current information may be available.

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