



## News

# E-cigarettes may help adults quit but get teens hooked

Makers of e-cigarettes say their products could save lives by helping adult smokers quit traditional cigarettes. But critics say that the electronic devices, which deliver [nicotine](#) via a heated aerosol and come in fruit flavors, are being marketed to teens and could put young people on the path to nicotine addiction.

E-cigarette brands such as Juul are popular among youth, according to an August 9, 2018 *CNN* article. The article also noted the long-term health effects of vaping (using e-cigarettes) are still unknown and cited a Harvard T.H. Chan School of Public Health [study](#) that found that e-cigarette users inhale dangerous chemicals and toxic heavy metals along with nicotine.

“There’s a lot that’s happening with an e-cigarette besides just the nicotine and the carrier fluid,” [Joseph Allen](#), assistant professor of exposure assessment science and lead author of the Harvard Chan study, told *CNN*. “You’re also inhaling these flavoring chemicals like diacetyl or cousins of diacetyl, which have been found to be harmful.”

Read the *CNN* article or watch the video featuring Joseph Allen: [Juul and the vape debate: Choosing between smokers and teens](#)

### Learn more

[E-cigs pack a harmful punch](#) (*Harvard Chan School news*)