

# PENS MYTHS & REALITIES



**MYTH:** Vape pens produce a harmless water vapor.

**REALITY:** Vape pens produce an aerosol that can **contain nicotine, toxins, and other harmful chemicals known to cause cancer.** These chemicals and toxins include things like Formaldehyde Lead, and Nickel.<sup>1,2</sup>

**MYTH:** Vape pens are not addictive.

**REALITY:** Nicotine is one of the main ingredients in vape pens and is a highly addictive poison.<sup>3</sup> **Youth who vape are 4x more likely to start smoking cigarettes than teens that don't vape.**<sup>4</sup> Pens that contain THC wax are also addictive. Young people who begin using marijuana before the age of 18 are up to 7x more likely than adults to become addicted.<sup>5</sup>

**MYTH:** It is safer to use a pen to vape THC than to smoke marijuana.

**REALITY:** Using a pen to vaporize marijuana can lead to **toxic levels of ammonia being released in the vapor.** Ammonia is also commonly found in cigarettes. This can cause lung irritation, asthma attacks, and impact your nervous system.<sup>6</sup>

**MYTH:** Recreational use of a vape pen is safe and not addictive.

**REALITY:** Any exposure to nicotine and THC can be dangerous for a young person's brain development. Nicotine use negatively impacts learning, memory, and attention.<sup>7</sup> THC use has been linked to lower IQ scores, poor memory and attention, and decreased brain connections.<sup>8</sup> **Recreational use is not daily use! Even occasional use of a vape pen can lead to an increased risk for long-term nicotine and THC addiction.**<sup>9</sup>

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quitting vaping.

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