

VAPING

FACTS ABOUT E-CIGARETTE

What the Latest Data Reveal About Vaping

WHAT ARE E-CIGARETTES (VAPES)?

E-cigarettes are also called vapes, vape pens, e-cigs, Electronic Nicotine Delivery Systems (ENDS) or (ENNDS), are battery-operated devices that heat a liquid ("e-liquid" or "e-juice") to produce an inhalable aerosol. This aerosol is very harmful water vapour. E-liquid typically contains nicotine derived from tobacco, along with flavourings, propylene glycol, vegetable glycerin, and other additives. Many products now use nicotine salts, which let users inhale high nicotine doses without the harshness of older formulations.

TYPES OF DEVICES ON THE MARKET

E-cigarettes come in many shapes and sizes disposable devices, refillable tank/mod systems, and devices with pre-filled cartridges or pods. Some are designed to resemble USB flash drives, pens or highlighters, while newer "smart vapes" include digital displays, games and reward systems that make them even more appealing to youth.

HARMFUL SUBSTANCES IN VAPE AEROSOL

E-cigarette aerosol is very harmful "water vapour." It can contain a range of harmful and potentially harmful substances, including:

NICOTINE

A highly addictive chemical that can harm adolescent brain development. Some e-cigarettes labelled as "0% nicotine" have still been found to contain it.

CANCER-CAUSING CHEMICALS

E-cigarette aerosol has been found to contain multiple chemicals classified as carcinogenic to humans.

HEAVY METALS

Nickel, tin and lead are among the heavy metals detected in e-cigarette aerosol, posing risks of organ and neurological damage.

ULTRAFINE PARTICLES

Tiny particles that can be inhaled deep into the lungs, where they can trigger inflammation and cardiovascular strain.

DIACETYL & OTHER FLAVOURINGS

Diacetyl is linked to a serious, irreversible lung injuries called 'EVALI'. Flavourings safe to eat are not necessarily safe to inhale, the lungs process substances very differently

VOLATILE ORGANIC COMPOUNDS

VOCs released during vaping are linked to irritation of the eyes, nose and respiratory tract,



Pod-Based

Rechargeable, refillable pod



Tank/Mod System

Refillable, adjustable output



Disposable

Pre-filled, single-use



E-LIQUID COMPONENTS

FLAVORING
NICOTINE
GLYCERIN
PROPYLENE GLYCOL

Vape Juice

ingredients

HOW THE WORLD IS REACTING TO E-CIGARETTES

46 COUNTRIES BAN SALE OF E-CIGARETTES:

The sale/distribution of e-cigarettes is banned in forty-six (46) countries including India, Turkiye, United Kingdom and United States.

82 COUNTRIES ALLOW SALE OF E-CIGARETTES BUT REGULATE THEIR SALE AND DISTRIBUTION:

In eighty-two (82) countries that permit the sale of e-cigarettes, there are regulations around sale such as cross-border sale restrictions/regulations, restrictions in venues where they can be sold, access restrictions, or other restrictions:

43 COUNTRIES REGULATE NICOTINE AND/OR OTHER CONTENT(S) OF E-CIGARETTES:

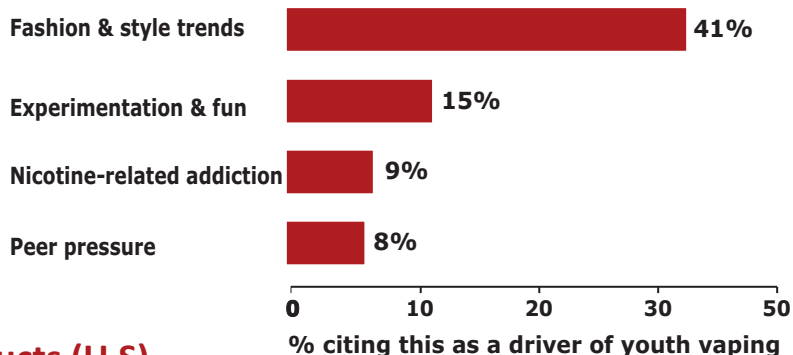
Of the eighty-two (82) countries allowing the sale of e-cigarettes, at least forty-three (43) countries regulate the amount (concentration/volume) of nicotine in e-liquids.

19 COUNTRIES BAN USE OF FLAVORS/ CHARACTERIZING FLAVORS:

Excluding countries that ban e-cigarette sales, 10 countries allow only tobacco flavor, while 9 countries allow or restrict specific selected flavors.

According to a Gallup Pakistan Survey Jan, 2026

The public also perceives several key drivers behind rising vaping use among youth. Fashion & style trends dominate as the leading perceived cause, well head of experimentation, nicotine addiction, and peer pressure:



According to Center for Tobacco Products (U.S)

REPORTED SAFETY PROBLEMS

Beyond long-term disease risk, regulators have received direct reports of the following acute safety problems linked to vaping devices:

- **Overheating**, fires and explosions — vape batteries can ignite, especially near oxygen tanks, propane tanks or fuel pumps.
- **Lung** injuries associated with vaping product use, some requiring hospitalization.
- **Seizures** and other neurological symptoms, reported mainly among youth and young adults.

A YOUTH UPTAKE “EPIDEMIC”

Vapes that contain nicotine are the most used tobacco products among youth. Vaping can harm youth, yet millions of them vape regularly. This is why it is important to help youth understand that vaping puts them at risk for addiction and other health consequences. Health regulators have described the rise in youth e-cigarette use as an **epidemic**. Bright colours, youth-appealing flavours, and smart vape features like game-style reward systems have made these products especially attractive to adolescents and teens, a population for whom nicotine exposure carries elevated risk to brain development..

Recommendations:

- Conduct comprehensive research in Pakistan to assess the health impacts and associated risks of vaping and e-cigarette use.
- Establish dedicated monitoring systems in hospitals to track vaping-related health effects and associated diseases.
- Impose a complete ban on the sale and use of vaping and e-cigarette products in Pakistan.

References:

- (GGTC) <https://bit.ly/4xe2bmh>
- (FDA) <https://bit.ly/4zZ9jFt>
- (FDA) <https://bit.ly/4yoV23h>
- (GALLUP PAK) <https://bit.ly/3VhXL09>