



Electronic Cigarettes



What is an e-cigarette?

It is a battery-operated nicotine delivery device that is designed to look like regular tobacco cigarettes or an everyday item (e.g., pen). This method of smoking is also called “vaping.”

How does it work?

An atomizer heats a liquid containing nicotine, which turns it into a vapor that can be inhaled. This creates a vapor cloud that resembles cigarette smoke.

Fact vs. Fiction

- **FICTION** — E-cigarettes are a perfectly healthy alternative to cigarettes.
- **FACT** — When the FDA analyzed samples of two popular brands, they found nicotine and traces of toxic chemicals, including known cancer-causing substances (carcinogens). Additionally, we know very little about long-term consequences of direct and second-hand “vaping.”
- **FICTION** — E-cigarettes are not harmful.
- **FACT** — E-liquids, which consist of varying concentrations of nicotine in liquid form mixed with flavoring and other chemicals, can cause poisoning if ingested, inhaled, or absorbed into the skin or eyes. According to the CDC, effects of exposure most commonly reported include vomiting, nausea, and eye irritation.
<http://www.cdc.gov/media/releases/2014/p0403-e-cigarette-poison.html>
- **FICTION** — E-cigarettes are effective smoking cessation devices.
- **FACT** — Although one recent study found that they may be comparable to nicotine patches, there may still be serious health risks associated with many unknown chemicals in e-cigarettes. They have NOT been approved by the FDA as a nicotine replacement therapy.

THE BOTTOM LINE: CHOOSE NOT TO VAPE.

Looking to quit? Skip the e-cigs and try this instead:

- ♦ Relaxation techniques (e.g., deep breathing, yoga, mindfulness, guided imagery)
- ♦ Physical activities (e.g., exercise, recreational sports)
- ♦ Nicotine patches or gum
- ♦ Avoid triggers (e.g., places or peers associated with smoking)

Want **FREE** nicotine patches?

ATOD can help! Visit us at the Center for Health and Well-Being to set up a cessation meeting and get more information.

Brought to you by the Alcohol, Tobacco, and Other Drugs Program

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