

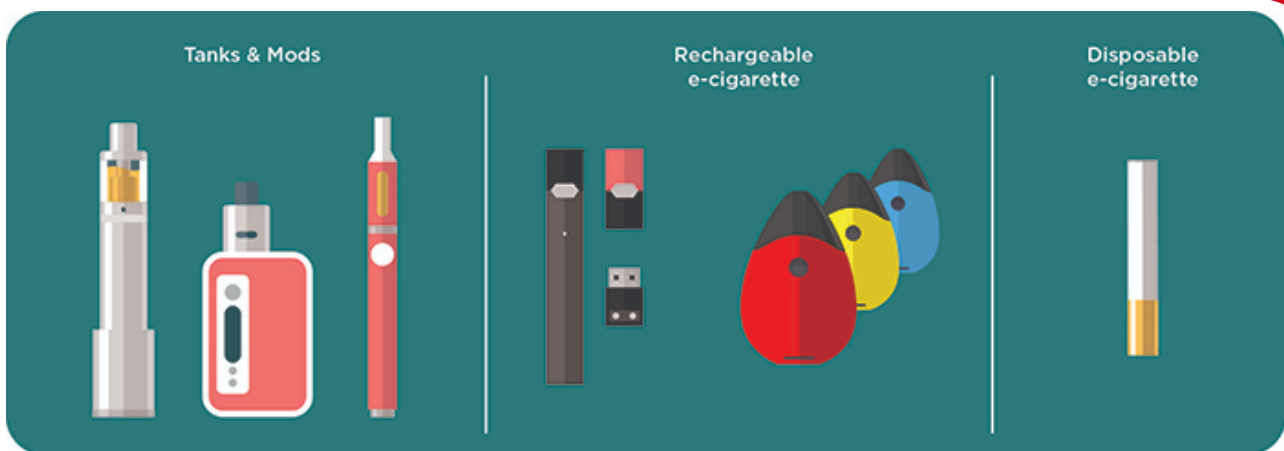
# ELECTRONIC SMOKING DEVICES

## WHAT ARE E-CIGARETTES?

Electronic cigarettes (e-cigarettes) have a battery and **produce an aerosol by heating a liquid that usually contains nicotine, flavoring, and other toxic chemicals.** Users inhale this aerosol into their lungs. **Non-users also breathe in this aerosol** when the user exhales into the air.

E-cigarettes have many different names. They are sometimes called:

- E-cigs
- E-hookah
- Mods
- Vape pens
- Vapes
- Tank systems
- Electronic nicotine delivery systems (ENDS)



Some e-cigarettes are made to look like cigarettes, cigars, and pipes. Some resemble pens and USB sticks. Larger devices such as tank systems, or "mods" do not resemble other tobacco products.

## WHAT'S IN THE AEROSOL?

The e-cigarette aerosol inhaled and exhaled can contain harmful substances, including:

- Flavoring such as diacetyl, a **chemical linked to a serious lung disease**
- **Nicotine**
- Various **cancer-causing chemicals**
- **Heavy metals** such as nickle, tin, & lead
- **Ultrafine particles** that can be inhaled deep into the lungs
- **Volatile organic compounds**

It is difficult for consumers to know what e-cigarette products contain. For example, some **e-cigarettes marketed as containing zero (0%) nicotine have been found to contain nicotine.**

# AEROSOL IS NOT WATER VAPOR

✘ They are **not approved as a quit smoking aid** by the U.S. Food and Drug Administration (FDA).



## NICOTINE

E-cigarettes typically contain nicotine--bad health effects.

- Nicotine is very **addictive**.
- Nicotine is **toxic** to unborn babies (fetuses).
- Can **harm growing brains**. The brain is still growing into age 25.



## AEROSOL

The aerosol can contain very harmful material--not safe.

- **Cancer-causing chemicals** and tiny particles can reach deep into lungs.
- The levels of 9 of 11 elements in aerosol were **more than or equal to cigarette smoke**.



## INJURY/POISON

Can cause injuries--keep out of reach of children.

- Faulty batteries can cause **fire** and **explosions**
- Most explosions happened when **charging e-cigarettes**.
- People have been **poisoned** by **swallowing, breathing, or absorbing** e-cigarette **liquid** through their skin or eyes.

## SMOKEFREE.GOV

On this site you will find support, tips, tools, and expert advice to help you or someone you love quit smoking.

## 1-800-QUIT-NOW

All states have quitlines with counselors who are trained specifically to help smokers quit. Call this number to connect directly to your state's quitline. Hours of operation and services vary from state to state.



Smokefree Texting Programs



Nicotine Replacement Therapy



Smokefree Social Media



Smokefree Apps



Build Your Quit Plan

## REFERENCES

- [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/index.htm](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm)
- <https://no-smoke.org/electronic-smoking-devices-secondhand-aerosol/>
- <https://smokefree.gov>

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In 2016, more than:

# 2,000,000

U.S. Middle & High School Students

used e-cigarettes in the past 30 days.