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:

- Flavering 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.

REFERENCES
- https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm
- https://smokefree.gov

PREPARED BY: Inter Tribal Council of Arizona, Inc.
2214 North Central Avenue
Phoenix, Arizona 85004
Phone: (602) 258-4822
Fax: (602) 258-4825
Website: www.itcaonline.com

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