

e-cigarettes

10 Things to
Know About

VAPING



to learn more

Check out these websites for
more info about e-cigarettes:

American Lung Association
www.lung.org

Centers for Disease Control
and Prevention
www.cdc.gov

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Title No. 554

what's known ▼

I'd never smoke tobacco.
But I might try an e-cigarette.

Wait a minute!

What do you *really* know about e-cigarettes?

Are they *really* safer than regular cigarettes?

Do users *really* just exhale water vapor?

Can they *really* help people quit smoking?

The messages on TV and online come from companies that want to sell e-cigarettes. So how do you make an informed decision?

Let's look at the media messages and check them out against what's known.

1

Nicotine is addictive.

Not everyone who tries e-cigarettes will get addicted to nicotine.

The problem is you can't know if you'll belong to the "take it or leave it" group, or the "I need nicotine to feel normal" group.

Nicotine is a powerful drug no matter how you use it. Some people get addicted in just a few weeks. Others develop cravings over several months.



What are e-cigarettes?

E-cigarettes are battery powered. They deliver nicotine in an aerosol form. They're also called hookah pens, e-hookahs or vape pipes. Some are disposable. Some are rechargeable and refillable.

aretttes are safe. It's tobacco — not nicotine — that makes regular cigarettes dangerous. **really?**

2 E-cigarettes contain toxic chemicals.

It's true they have fewer chemicals than regular cigarettes. But they also **have some of the same toxins**, such as formaldehyde.

Tests have also found that e-cigarette liquid and aerosol can contain higher levels of metals than regular cigarettes.

3 E-cigarettes aren't regulated.

E-cigarettes are new. There's no watchdog agency making sure they're safe. **Nicotine levels can vary widely and labels often aren't correct.** Some e-cigarettes that claim to be nicotine-free actually do have nicotine. Some liquid cartridges can leak when handled.

4 Long-term health effects aren't known.

Most e-cigarettes use propylene glycol and glycerin as the base for the nicotine liquid. These chemicals are approved for eating. But **there's concern about the risk of inhaling this hot mix of tiny particles** that can damage lungs.

5 Refill containers aren't child proof.

Children and pets can become **seriously ill** if they drink or touch e-cigarette fluid.

6 Batteries may pose risks.

Lithium batteries can explode or overheat. This is common enough that e-cigarette Internet forums and some retail websites post warnings.

How do they work?

A battery powers a heater that forms an aerosol with nicotine and flavors. People "smoking" or

VAPING an e-cigarette inhale the nicotine.

media message ▶ E-cigarettes are less harmful than regular cigarettes. really?

what's known ▼

7 It's too soon to tell.

There's no evidence that switching to e-cigarettes is better than smoking tobacco. Studies also show that many people who start vaping smoke regular cigarettes as well. "Dual use" puts the smoker/vaper at risk for heart and lung problems, even cancer.

8 Risks of passive vaping are unknown.

E-cigarette users don't just exhale water vapor. The vapor contains nicotine, tiny particles of metals and some of the same toxins found in secondhand smoke.

9 Kids and first-time users may like the sweet flavors.

Except for menthol, **flavors are banned in regular cigarettes** because they can help get kids to use tobacco. But e-cigarettes come in flavors such as cherry, chocolate, piña colada and cola.

media message ▶ People can use e-cigarettes to quit smoking. really?

what's known ▼

10 The FDA has not approved e-cigarettes as a quit device.

No studies clearly show that e-cigarettes help people quit smoking. In fact, studies find e-cigarette use linked to lower odds of quitting. That's right. **Vaping might lead to smoking more regular cigarettes.**

There are safer and more effective ways to quit.

The National Youth Tobacco Survey estimates that e-cigarette use among U.S. youth nearly doubled from 2011 to 2012.