

# the truth about e-cigarettes & vaping

**E-CIGARETTES**, ALSO KNOWN AS ELECTRONIC CIGARETTES OR E-CIGS, COME IN MANY DIFFERENT SHAPES AND SIZES. A BATTERY CHARGED HEATING ELEMENT TURNS FLAVORED LIQUID LACED WITH NICOTINE INTO VAPOR, WHICH IS THEN INHALED. THIS IS WHY USING AN E-CIGARETTE IS ALSO KNOWN AS **"VAPING."**

## what's in the vapor?

Most e-cigarette liquid is made of **propylene glycol**, **glycerin**, or a mixture of the two. The liquid usually includes **nicotine** and different types of flavoring.

**E-cigarettes are not FDA-approved cessation devices.** Studies of their effectiveness have had mixed results.

## the dangers of nicotine

**Nicotine is a HIGHLY ADDICTIVE DRUG with serious health risks. It may cause:**

- **INCREASED HEART RATE** • **FEVER**
- **ELEVATED BLOOD PRESSURE**
- **VOMITING** • **NAUSEA** • **ADDICTION**
- **SHORTNESS OF BREATH** • **HEADACHES**

## are they safe?

E-cigarettes have only been around for a short time, so the long-term effects of using them is still not known. Here's what we do know:

- E-cigarettes are **not regulated**.
- E-cigarettes labeled as nicotine-free **may still contain nicotine**.
- Potentially **harmful ingredients** have been found in some e-cigarette liquid.
- Nicotine **chambers may leak**, increasing the risk for nicotine poisoning.

## opening the door to addiction

- Healthcare professionals believe that e-cigarettes **may make smoking popular again**.
- E-cigarettes come **in dozens of flavors**, from tobacco to chocolate.
- The more unusual flavors **may persuade young people to try e-cigarettes**.
- New e-cigarette users **may develop a nicotine addiction**, which may lead them to traditional tobacco products.
- A nicotine addiction is **one of the most difficult** addictions to kick.

## can they be used to quit smoking?

- Some people **are able to quit** smoking with e-cigarettes.
- Others **become addicted** to e-cigarettes.
- And still others continue to **smoke regular cigarettes and e-cigarettes**, increasing their nicotine dependence.

**FDA-approved Nicotine Replacement Therapies (NRT)** like *nicotine patches, gum, and lozenges* are a safer choice.

## why start?

IF YOU DON'T SMOKE, E-CIGARETTES WILL ONLY **CREATE AN APPETITE FOR THE REAL THING**. IF YOU DO SMOKE, THERE ARE PLENTY OF OTHER RESOURCES AVAILABLE TO HELP



**no smoking. no vaping. no nicotine. no addiction.**