

Electronic-Cigarettes

What's the bottom line?

E-cigarettes are not safe for youth, young adults, pregnant women, or adults who do not currently use tobacco products.

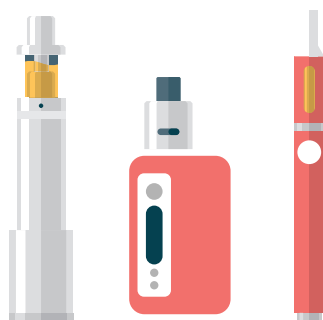
If you've never smoked or used other tobacco products or e-cigarettes, don't start.

What are e-cigarettes?

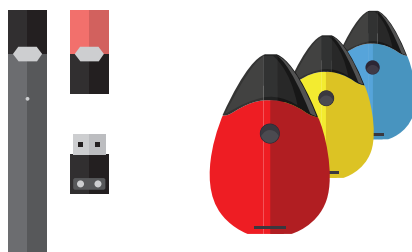
E-cigarettes are known by many different names. They are sometimes called "e-cigs," "e-hookahs," "mods," "vape pens," "vapes," "tank systems," and "electronic nicotine delivery systems."

Some e-cigarettes are made to look like regular cigarettes, cigars, or pipes. Some resemble pens, USB sticks, and other everyday items.

Tanks & Mods



Rechargeable e-cigarette



Disposable e-cigarette

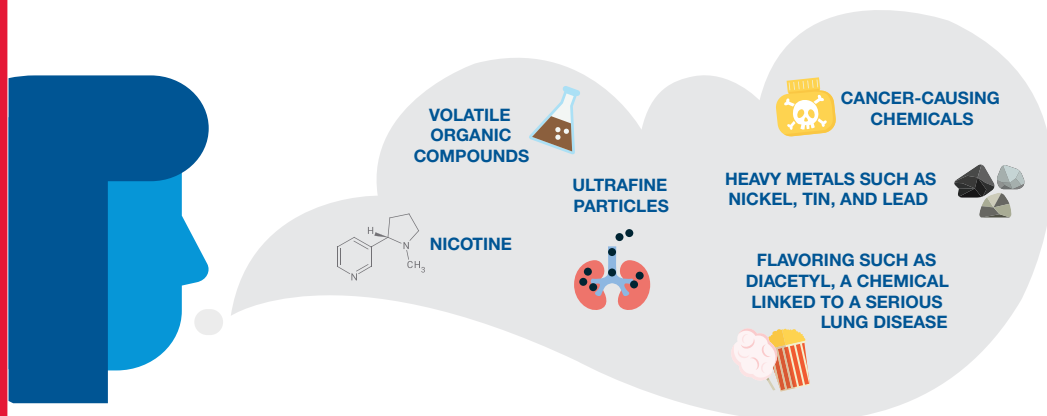


What is vaping?

Vaping is the simple act of inhaling and exhaling vapor from an electronic cigarette or similar device.

What is in e-cigarette aerosol?

The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances:



Are e-cigarettes less harmful than regular cigarettes?



Yes, but that doesn't mean e-cigarettes are safe.

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

What are the health effects of using e-cigarettes?

Scientists are still learning about the long-term health effects of e-cigarettes. Here is what we know now.

Most e-cigarettes contain nicotine, which has known health effects.

- + Nicotine is highly addictive.
- + Nicotine is a health danger for pregnant women and their developing babies.
- + Nicotine is toxic to developing fetuses.
- + Nicotine can harm adolescent brain development, which continues into the early to mid-20s.

Besides nicotine, e-cigarette aerosol can contain substances that harm the body.

- + This includes cancer-causing chemicals and tiny particles that reach deep into lungs. However, e-cigarette aerosol generally contains fewer harmful chemicals than smoke from burned tobacco products.

E-cigarettes are not currently approved by the FDA as a quit smoking aid.

The U.S. Preventive Services Task Force, a group of health experts that makes recommendations about preventive health care, concluded that the evidence is insufficient to recommend e-cigarettes for smoking cessation in adults, including pregnant women.

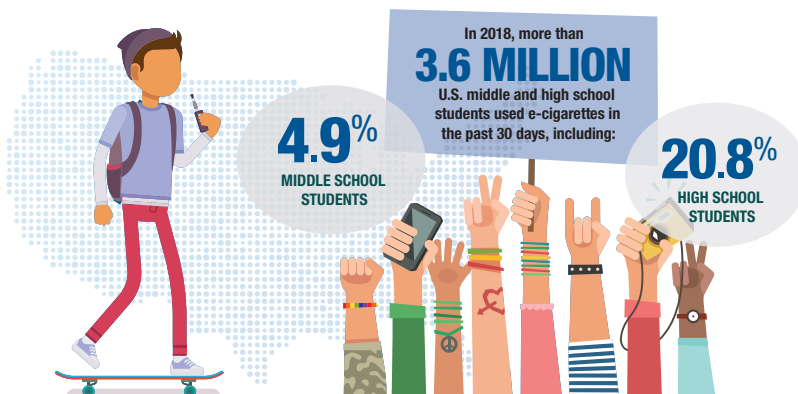
To date, the few studies on the issue are mixed.

Evidence from two randomized controlled trials found that e-cigarettes with nicotine can help smokers stop smoking in the long term compared with placebo (non-nicotine) e-cigarettes.

A recent CDC study found that many adults are using e-cigarettes in an attempt to quit smoking. However, most adult e-cigarette users do not stop smoking cigarettes and are instead continuing to use both products (“dual use”). Because smoking even a few cigarettes a day can be dangerous, quitting smoking completely is very important to protect your health.

Who is using e-cigarettes?

E-cigarettes are the most commonly used tobacco product among youth.



CDC Fact Sheet:

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-p.pdf

CDC Infographic:

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/teacher-parent/index.html



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention