

E-CIGARETTES

FACT SHEET

DRUG DESCRIPTION

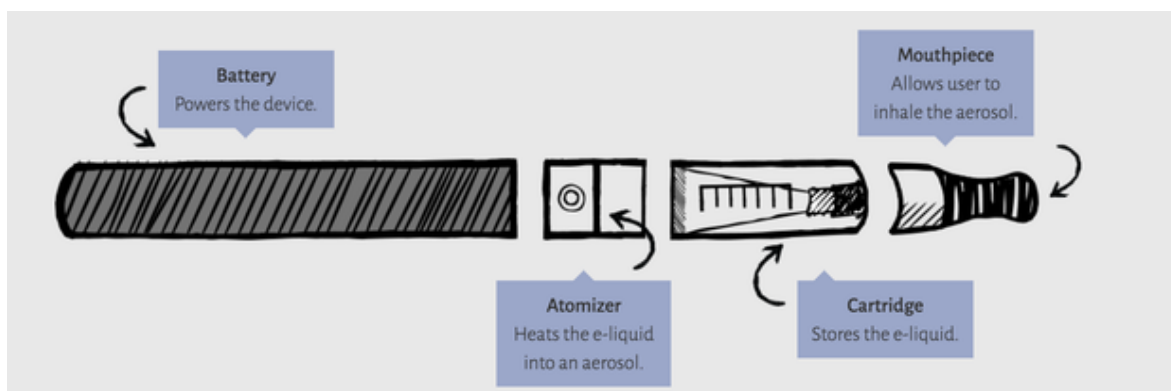
Electronic cigarettes, more commonly referred to as e-cigarettes, are battery operated devices that are used to inhale aerosols. E-cigarettes can come in a variety of shapes and sizes resembling the traditional cigarette or cigar pipes, but companies are expanding the packaging of e-cigarettes to now even resemble pens or USB sticks. Common nicknames can include: e-cigs, hookahs, vapes or mods.

WHAT DO THEY LOOK LIKE?



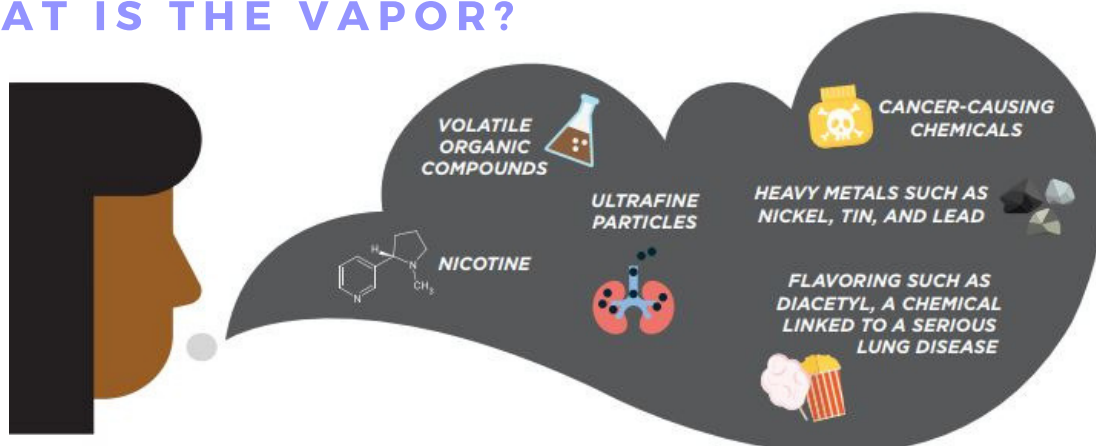
HOW DO THEY WORK?

Centers for Disease Control & Prevention



U.S. Department of Health and Human Services

WHAT IS THE VAPOR?



Centers for Disease Control & Prevention

E-CIGARETTES

FACT SHEET

COMMON MYTHS ABOUT VAPING

MYTH: E-CIGARETTES ARE SAFE

FALSE. Although there is not much research on e-cigarettes specifically we do know that the aerosol utilized for these products contain nicotine and cancer causing chemicals. Known health risks linked to nicotine use include, but is not limited to: nicotine addiction, mood disorders, harm to brain development, and lung disease.

MYTH: E-CIGARETTES DO NOT HAVE NICOTINE

FALSE. Scientists have confirmed that most e-cigarette aerosols include nicotine which is a highly addictive substance. However, according to the U.S. Department of Health and Human Services in addition to nicotine these aerosols also include, "flavoring such as diacetyl, a chemical linked to a serious lung disease; volatile organic compounds such as benzene, which is found in car exhaust; and heavy metals, such as nickel, tin, and lead."

MYTH: E-CIGARETTES CAN HELP YOU STOP SMOKING

FALSE. According to the Centers for Disease Control and Prevention (CDC), "E-cigarettes are not currently approved by the FDA as a quit smoking aid." In a recent study conducted by the CDC it was 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."

MYTH: IF SOMEONE SMOKES AN E-CIGARETTE THEY ARE LESS LIKELY TO SMOKE REGULAR CIGARETTES

FALSE. According to the CDC, "There is no evidence to support this claim. Some studies show that non-smoking youth who use e-cigarettes are more likely to try conventional cigarettes in the future than non-smoking youth who do not use e-cigarettes. And among high school students and young adults who use tobacco, more use both e-cigarettes and burned tobacco products than use e-cigarettes alone."

Information obtained from: The National Institute on Drug Abuse, US Surgeon General, the Center for Disease Control and Prevention, Scholastic, & the U.S. Department of Health and Human Services



PLEDGEFORLIFE.ORG