



Electronic Cigarettes

What are electronic cigarettes?

Electronic cigarettes also are called e-cigs or ENDS (electronic nicotine delivery system). E-cigs are made up of a mouthpiece, cartridge, battery and vaporizer. They turn chemicals into a vapor for users to inhale. These chemicals often contain nicotine, which is highly addictive. Using e-cigs is sometimes called “vaping.”

Are e-cigs a “gateway” to using tobacco products?

E-cig companies target kids and teens. A common concern is that young people who use e-cigs can get addicted to nicotine and go on to try tobacco products.

- Several celebrities use and promote e-cigs. E-cigs ads also have appeared on cable TV and online. E-cig companies have sponsored events as well. (Legacy, 2014)
- E-cigarettes come in kid-friendly flavors like gummy bear, atomic fireball candy, and cookies and cream. (Christensen, 2014)
- E-cig use among middle and high school students more than doubled between 2011 and 2012, going from 3.1 percent to 6.5 percent.

Are e-cigs a good option to smoking?

No. It has long been known that traditional cigarettes contain cancer-causing agents. However, e-cigs are not regulated by the Food and Drug Administration (FDA) at this time.

That means companies can put whatever they want into their e-cigs. They do not need to list the ingredients or follow consistent manufacturing processes. Thus, we do not know what harmful agents may be in these products—and in what amount.

How do I quit using tobacco?

The best way to quit using tobacco is to try an FDA-approved NRT (nicotine replacement therapy). Lozenges, gum, patches and some drugs have been researched thoroughly on their short- and long-term effects. Using an FDA-approved NRT will help you succeed in quitting.

Resources

Christensen, J. (2014, February 6). E-Cigarettes: Health Tool or Gateway device? Retrieved August 25, 2014, from CNN Health: <http://www.cnn.com/2013/09/12/health/e-cigarettes-debate/>.

FDA. (2014, August 11). Electronic Cigarettes. Retrieved August 25, 2014, from U.S. Food and Drug Administration: <http://www.fda.gov/newsevents/publichealthfocus/ucm172906.htm>.

Fernandez, E. (2014, March 6). E-Cigarettes: Gateway to Nicotine Addiction for U.S. Teens, Says UCSF Study. Retrieved August 25, 2014, from UCSF: <http://www.ucsf.edu/news/2014/03/112316/e-cigarettes-gateway-nicotine-addiction-us-teens-says-ucsf-study>.

Legacy. (2014, May). Tobacco Fact Sheet. Retrieved August 25, 2014, from Legacy For Health: <http://www.legacyforhealth.org/content/download/582/6926/file/LEG-FactSheet-eCigarettes-JUNE2013.pdf>.

Schripp, T., Marketwitz, D., Uhde, E., & Salthammer, T. (2013, February 23). Does e-cigarette consumption cause passive vaping. Retrieved August 25, 2014, from US National Library of Medicine National Institutes of Health: <http://www.ncbi.nlm.nih.gov/pubmed/22672560>.

Westenberger, B. (2009). Evaluation of e-cigarettes. Department of Health & Human Services, Food and Drug Administration, 2-9.