

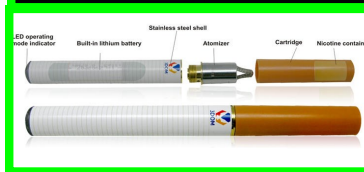
# Electronic Cigarettes “E-Cigs”

At a  
Glance



## What is it?

- ◆ Electronic cigarettes also known as e-cigarettes are battery-operated products designed to deliver nicotine, flavor and other chemicals
- ◆ They turn chemicals, including highly addictive nicotine, into an aerosol that is inhaled by the user
- ◆ In many e-cigs, puffing activates the batter-powered heating device, which vaporizes the liquid in the cartridge. The resulting aerosol or vapor is then inhaled (this is called “vaping”)
- ◆ Most e-cigs are manufactured to look like conventional cigarettes, cigars, or pipes. Some resemble everyday items such as pens and USB memory sticks
- ◆ These products may be attractive to kids/teens and using them could lead kids/teens to try other tobacco products such as cigarettes, chew, cigars, etc.
- ◆ Because e-cigs are a new product, the long-term health risks/effects are currently unknown due to the lack on information available on these products



## Other Names

There are many other names

- ◆ E-cigarettes (e-cigs)
- ◆ Personal vaporizer (PV)
- ◆ Electronic nicotine delivery system (ENDS)
- ◆ Puffers
- ◆ Vapes

## How is it used?

- ◆ Inhaled (puffing, vaping)

## What are the side effects?

Because e-cigarettes were introduced in the early 2000's all of the short and long-term health risks of the product are still unknown; however, some of the illnesses/side effects below have been reported with e-cigarette use:

- ◆ Pneumonia and other lung diseases
- ◆ Congestive heart failure
- ◆ Disorientation
- ◆ Seizures
- ◆ Hypotension and other heart problems
- ◆ Addiction; Withdrawal symptoms may include: feeling irritable, depressed, restless and anxious
- ◆ Nicotine use can affect brain development in kids and teens



## Did you Know?

- ◆ E-cigarettes have not been fully studied, so users currently don't know the potential risks of e-cigarettes, how much nicotine or other potentially harmful chemicals are being inhaled during use, or whether e-cigs may lead young people to try other tobacco products
- ◆ E-cigarettes and the liquid used in them is not currently regulated by the FDA, this means the user has no way of knowing what chemicals a manufacturer uses in e-liquids (e-juices), unless it is included in the label and there is no age requirement for purchasing these products (*The FDA has issued a proposal and is currently trying to gain authority over newer tobacco products, such as e-cigarettes*)
- ◆ Many e-liquids (e-juices) are not labeled with an ingredients list, and the manufacture is not currently required to label their product.
- ◆ E-cigarettes may contain ingredients that are known to be toxic to humans. Because no clinical studies about the safety of e-cigs have been submitted to the FDA, we have no way of knowing if they are safe, which chemicals they contain, how much nicotine (if any) a user is inhaling
- ◆ Testing of some e-cigarette products found the vapor to contain known carcinogens (cancer causing agents) and toxic chemicals
- ◆ Reports have shown that youth use e-cigarette cartridges and fill them with substances other than nicotine (such as bath salts) serving as a new and potentially dangerous way to deliver other drugs

