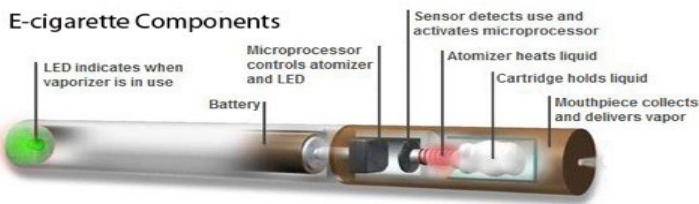


The Truth *About E-Cigarettes*

E-cigarette Components



How do e-cigarettes work?

- Electronic cigarettes, or “e-cigarettes”, are battery-powered devices that deliver doses of nicotine and other additives to the user in an aerosol. Depending on the brand, e-cigarette cartridges typically contain 6 - 24 mg. of nicotine, a component to produce the aerosol or vapor (e.g., propylene glycol or glycerol), and flavorings (e.g., fruit, mint, or chocolate).

Are e-cigarettes safe?

- Nicotine is a poison, and if breathed, swallowed, or in direct contact with skin, can be particularly dangerous to the health and safety of certain people, such as children, pregnant women, nursing mothers, people with heart conditions, the young and the elderly.

Are e-cigarettes an effective method for quitting tobacco smoking?

- E-cigarettes are sometimes advertised as tobacco replacements, smoking alternatives, or smoking cessation aids, although the effectiveness of e-cigarettes for helping people to quit smoking has not been sufficiently studied. The U.S. Food and Drug Administration (FDA) has not approved e-cigarettes as tobacco cessation aids. FDA approved cessation aids are patches, gum, and lozenges.

Risks or injuries associated with e-cigarettes

- Nicotine raises blood pressure and heart rate, increases blood clotting (leading to risks of heart attack and stroke), and has a number of other negative health effects, in addition to addiction. Nicotine doses vary by product.

- The use of these products can cause nicotine poisoning if a child swallows the contents of a liquid nicotine refill/cartridge, this could cause serious nicotine poisoning and possibly death. Such calls to poison control centers have increased markedly.

Why should e-cigarettes be regulated?

- According to the latest data from the Centers for Disease Control and Prevention, the number of never-smoking U.S. middle and high school students who used e-cigarettes tripled from 79,000 in 2011 to 263,000 in 2013.
- The safety of e-cigarettes has not been proven. Products vary widely in ingredients and labeling. There is no way for consumers to know for sure what they are inhaling.



Are e-cigarettes marketed to youth?

- E-cigarette manufacturers market e-cigarette cartridges in a variety of candy-like flavors that appeal specifically to youth (such as bubble gum, chocolate and mint). E-cigarettes are commonly sold at mall kiosks, where young people often gather, as well as online, where kids can access them more easily than in face-to-face purchases.

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