

E-cigarettes: What's there to know



Substituting one health risk for another

Vapors from e-cigarettes aren't harmless water particles

Most electronic cigarettes (e-cigarettes) contain nicotine, which is why they're often classified as electronic nicotine delivery systems (ENDS).¹

Some smokers simply don't believe that e-cigarettes are harmful — they're just inhaling harmless water particles with a "manageable" amount of nicotine. Right?

Wrong. These products are addictive and can be harmful to your health.

- The aerosol created by ENDS products is not harmless water vapor. In addition to nicotine, ENDS aerosols can contain heavy metals and cancer-causing agents like acrolein.
- E-cigarette exposure calls to poison centers increased by 214 calls a month from September 2010 to February 2014 — and over half of the calls were about children five years and younger.
- The evidence is sufficient to warn pregnant women and women of reproductive age about the use of nicotine-containing products such as smokeless tobacco, dissolvables, and ENDS as alternatives to smoking.
- The American Cancer Society cautions anyone considering e-cigarettes as harmless should know that the long-term health risks of using e-cigarettes — or being exposed to them secondhand — are unknown.²

So if you're using a smokeless "alternative" to cigarettes, please make a plan to quit. If you haven't started using any of them, we urge you to pick a healthier path for yourself.

1. CDC Office on Smoking and Health, "Electronic Nicotine Delivery Systems: Key Facts," October 2016
2. American Cancer Society, "Tobacco and Cancer Fact Sheet," January 2017

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