The Truth About Electronic Cigarettes...

- Many people begin using electronic cigarettes (e-cigarettes) to help quit smoking, to decrease their cigarette consumption per day, and to not disturb individuals in smoke free places.

- Benefits reported with e-cigarettes include usefulness in quitting smoking, and improved respiratory status (improved breathing, decrease in coughing).

- E-Cigarettes deliver little to no nicotine, study finds:
  “Ten puffs from electronic cigarettes with a 16 mg cartridge delivered little to no nicotine. They are as effective at nicotine delivery as puffing on an unlit cigarette.”
  - Thomas Eissenberg, Institute for Drug and Alcohol Studies

The Risks:

- An analysis by the Food and Drug Administration found that e-cigarettes contain cancer causing substances, diethelene glycol (a toxic chemical found in antifreeze), and other chemical components found in the tobacco leaves that are suspected of being harmful to humans (anabasine, myosmine, and beta-nicotyrine).

- The FDA also found that many e-cigarettes labeled as containing no nicotine, did in fact contain low levels of nicotine, which is the addictive component in cigarettes.

- Right now there is no quality control, which means the U.S. Food and Drug Administration is not regulating e-cigarettes.

- Because e-cigarettes have shown to contain harmful chemicals, the FDA is currently seeking to gain regulatory authority over such products.

- There is no data supporting the claim that e-cigarettes help individuals to quit smoking, and the World Health Organization is asking companies to not make any claims regarding their use in smoking cessation.

- The refill cartridges for e-cigarettes contain up to 1 gram of nicotine, and the fatal dose is estimated to be 30 to 60 mg for adults, and 10 mg for children.

- Because e-cigarettes are allowed in most smoke free places, this may delay individuals from quitting smoking.

- Due to the many flavor options available for e-cigarettes, they may appeal to a younger audience and encourage children and teenagers to begin smoking.
"It is very important that parents let their children know e-cigarettes are not safe and to make recommendations, or even enforce rules that they not be used."
- John Winickoff, chair of the American Academy of Pediatrics Tobacco Consortium

**The Alternatives:**

- According to the FDA, smoking kills 1200 people each day in the U.S. Quitting greatly reduces your risk of developing various types of cancer, heart disease, lung disease, and stroke. It also greatly reduces the risk of your family members developing lung cancer or heart disease from second hand smoke.

- There are several smoking cessation products approved by the FDA, including:
  - Over the counter nicotine replacement products such as skin patches, chewing gum, and lozenges.
  - Prescription nicotine replacement products such as nasal spray and oral inhalers
  - Prescription drugs such as Zyban and Chantix, which act on the sites in the brain affected by nicotine.

- These smoking cessation products approved by the FDA are designed to wean your body off cigarettes by supplying you with controlled amounts of nicotine and sparing your body of the chemicals found in tobacco products.