

E-cigarettes: What to know



Substituting one health risk for another

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. Below are a few fast facts about ENDS:

- The aerosol created by ENDS products is not harmless water vapor. In addition to nicotine, ENDS aerosols can contain heavy metals, such as nickel, tin and lead, and cancer-causing agents and flavoring, such as diacetyl, a chemical linked to a serious lung disease.¹
- As of February, 2020, a total of 2,807 e-cigarette (or vaping) product use-associated lung injury (EVALI) cases or deaths had been reported to the Centers for Disease Control and Prevention (CDC) in the U.S. Many cases were associated with adding marijuana or other drugs to the vaping products and/or acquiring products from informal sources, such as family, friends, dealers or online. Fortunately, emergency department visits related to EVALI continue to decline, after peaking in September 2019.¹
- 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. We urge you to pick a healthier path.



Sources:

1. Centers for Disease Control and Prevention. Electronic Cigarettes, July 12, 2021. Available from www.cdc.gov.
2. American Cancer Society. Tobacco and Cancer Fact Sheet, January 2021. Available from www.cancer.org.

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