The TRUTH about E-Cigarettes

What's in them?

E-cigarettes use cartridges of liquid “JUICE” that contains nicotine, glycerin and flavors.

The unknown is what is used to create the flavoring.

Nicotine strengths can vary from no nicotine to 13 to 18 milligrams of nicotine or more. One pack of regular cigarettes has 16mg of nicotine.

Silver, iron, aluminum, silicate, nanoparticles of tin, chromium, and nickel. Diethylene glycol, a component found in anti-freeze and brake fluid, which is classed as a poison.

Many of the ingredients identified in the e-cig’s aerosol are know to cause respiratory distress and disease.

Dangers

E-cigarettes are NOT regulated by The Food and Drug Administration.

Only e-cigarettes that are marketed for therapeutic purposes are currently regulated by the FDA Center for Drug Evaluation and Research (CDER).

The same laws that applies to selling tobacco products applies to selling E-cigs and vaporizers.

Are they safe

E-cigarettes have NOT been significantly researched so consumers currently don’t know:

- the potential risks of e-cigarettes.
- how much nicotine or other potentially harmful chemicals are in them.
- if there are any benefits associated with using these products.
- It is unknown if e-cigarettes may lead young people to try other tobacco products, including conventional cigarettes, which are known to cause disease and lead to premature death.

Adkins, B. W. (2014). Electronic cigarette smokers ... Be Wary!
Can E-Cigs help with smoking cessation?

- E-cigarettes are modestly effective in helping smokers who want to quit or cut back.
- Product can be obtained and used with few restrictions, such as smoking in public places, and no prescription is needed.
- These advantages suggest that e-cigarettes have the potential to increase rates of smoking cessation and reduce cost to quitters and to health services.

E-cigarettes aren't the only thing that can contribute to Smoking Cessation!

Campus Health Center 646-1512