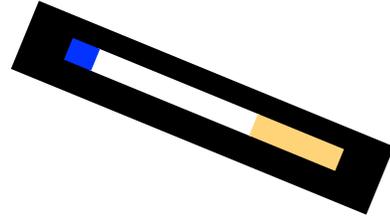


Electronic Cigarette Fact Sheet

Answers to Some Frequently Asked Questions



What are they? - E-cigarettes look like a traditional cigarette. They're a battery-operated device used to heat a liquid-filled cartridge that usually contains nicotine. This creates a vapor that delivers nicotine, along with flavored additives and other chemicals, into the lungs and up to the brain and other parts of the body.

Are they Dangerous? - The short answer is, they could be and probably are. They are NOT currently FDA regulated, quality controlled or approved, and have not been adequately tested for safe use. The FDA found that the nicotine levels in some of the cartridges varied greatly. Preliminary testing found detectable levels of known carcinogens (cancer causing chemicals such as nitrosamines and chemicals used in anti-freeze) in the vapor of some e-cigarettes. The amount of nicotine contained in e-cigarette liquid to refill cartridges, if swallowed by a child or an adult, would cause death. E-cigarettes need a lot more testing.

Are they Legal? - Legal status has not yet been determined. The FDA has been challenged regarding their jurisdiction over e-cigarettes. Canada and Australia have banned e-cigarettes, and it's illegal to sell them to minors in CA.

Who's Selling them? - Originally they were made and distributed by Chinese manufacturers into the US and world markets. The products varied in quality, price and nicotine content. However in the last 18 months, all 3 major US tobacco companies, and at least one cigar company, have bought e-cigarette companies or are manufacturing their own. These companies are currently modifying the designs to be 'slick and cool,' and are working on quality control. As people quit smoking tobacco, tobacco companies see these products as the next wave of profit, and to keep people addicted to nicotine by normalizing smoking again.

Will they Help a Person to Quit Smoking? - The manufacturers and the tobacco industry would like you to believe this is true, but so far there is inadequate scientific research evidence to recommend e-cigarettes as a way to quit smoking. Some small studies have shown that some people have quit smoking tobacco by using e-cigarettes, but most continue to use the e-cigarettes because they are still addicted to nicotine. E-cigarettes may satisfy the 'hand mouth' action, a habit enjoyed while smoking cigarettes, and they may have fewer harmful chemicals than smoking tobacco, but this does not mean they are a safe effective way to quit smoking. And the user is still dependent on nicotine to help them cope with life. If you want to quit nicotine addiction, e-cigarettes probably won't help. There are 7 safe, FDA approved, quality controlled medications including 5 nicotine replacement products and 2 non-nicotine medications that have been scientifically proven to help smokers quit smoking tobacco. It is recommended that these products be used for quitting smoking and safely weaning nicotine addiction.

What about Secondhand Vapor Exposure? - One thing that appeals to e-cigarette users, is they feel they can 'light up' in places where tobacco cigarettes have been banned – in workplaces, public buildings, stores, movie theaters etc. Again, there hasn't been enough FDA testing of these vapors to insure safety for secondhand vapor exposure. National anti-tobacco advocates, the American Heart Assoc. American Cancer Society, and the American Lung Assoc. all support legislation that would prohibit e-cigarette use in places where tobacco smoking is prohibited. New Jersey has passed this legislation. CA has yet to pass a state law on this, but some cities and counties in California have done so, to protect our clean air and continue to de-normalize smoking.

What about E-Cigarettes and TEENS? - E-cigarettes probably have the greatest appeal to the youth and young adult market because they are viewed as 'cool,' are often flavored, and some have tips that glow. And teens can find them appealing when socializing. The National Youth Tobacco Survey showed a doubling of use by middle and high-school students from 2011-2012 – 20% of the middle school students, who had never smoked a regular cigarette, HAD used an e-cigarette. These young teens are at risk for becoming addicted to nicotine. Many public health officials are concerned that e-cigarettes will increase nicotine addiction in youth, and when e-cigarettes aren't available, they will resort to smoking tobacco cigarettes.

What WORKS if a Person wants to Quit Smoking? - The most effective way to quit smoking is to get some good coaching and support, and use FDA approved nicotine replacement products (patches, gum and lozenges), or prescription medications: Zyban or Chantix. The California Smokers' Helpline has helped 600,000 Californians to quit. Anyone can get *FREE* help by calling 1-800-NO-BUTTS. You can also go to <http://smokefree.gov/smokefreetxt> to get free support and encouragement in the form of text messages to help with a quit attempt. Be sure to talk to your doctor about medication to help you quit, or purchase over the counter nicotine patch, gum or lozenge at the drug store. The important thing in quitting is to keep trying - one 24 hour period after another.

Information contained in this document was consolidated and edited from the American Legacy Foundation Electronic Cigarette Fact Sheet, (2009) For more information - <http://www.legacyforhealth.org/> and

Alameda County Behavioral Health Care Services Informational Document on Electronic Cigarettes (2013). For the complete document - <http://www.acbhcs.org/>.

Prepared by the ATOD Network tobacco dependence clinical training program located at Thunder Road, Oakland, CA. Oct. 2013