

Did you know?

- E-cigarettes are not approved by the FDA as a quit smoking aid.
- Many adults are using e-cigarettes in an attempt to quit smoking. However, this usually leads to dual use (using both products at the same time).
- E-cigarettes are still fairly new, and scientists are still learning about their long-term health effects.

Quitting Tobacco isn't easy!

Call 1(800) Quit Now or visit www.quitnowalabama.com for assistance!

Thinking about change?

Talk with your doctor about treatment options. Together, you can set up a plan for a safe way to make a change.

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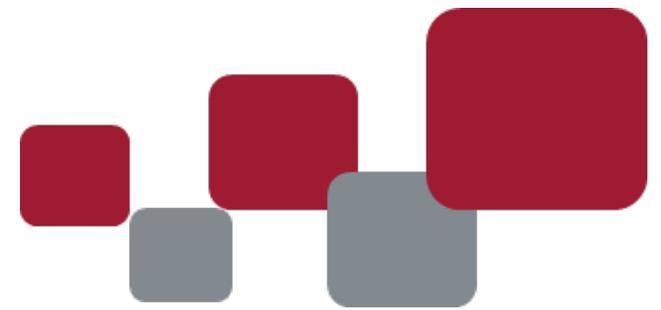
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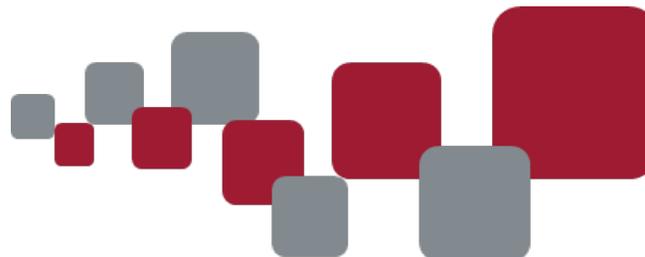


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**E-Cigarettes /
Vaping**



al-sbirt

E-Cigarettes/Vaping



Electronic cigarettes or e-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid (e-juice).

E-cigarettes are known by many different names. They are sometimes called “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems (ENDS).”

FACTS:

- Using an e-cigarette is sometimes called “vaping”
- Some devices are made to look like regular cigarettes, cigars or pipes
- E-cigarettes can be used to deliver marijuana and other drugs
- Bystanders can breathe in the aerosol (mist) when the user exhales into the air

The e-cigarette aerosol that users breathe from the device and exhale can contain **harmful** and **potentially harmful substances**, including:

- | | |
|---|--|
| <ul style="list-style-type: none">• Nicotine• Ultrafine particles that can be inhaled deep into the lungs• Flavoring, such as diacetyl, a chemical linked to a serious lung disease | <ul style="list-style-type: none">• Volatile organic compounds• Cancer-causing chemicals• Heavy metals such as nickel, tin, and lead |
|---|--|

It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.

Effects of E-Cigarettes/Vaping

Head

- Nicotine use in early adolescence causes changes in the brain that make life-long addiction much more likely for young users

Nicotine is:

- highly addictive
- harmful to pregnant adults and their developing babies

Ear, Eye and Throat

- Irritation

Lungs

- Aerosols (mist) produced by chemicals in e-juice enter the user’s lungs unfiltered and leave chemical residue behind

Heart

- Recent studies suggest that e-cigarettes can lead to heart diseases

E-Cigarettes can cause unintended injuries

- Defective e-cigarette batteries have caused fires and explosions, some of which have resulted in serious injuries.
- Most explosions happened when the e-cigarette batteries were being charged.

