E-cigarettes are not FDA-approved cessation devices. Studies of their effectiveness have had mixed results. E-cigarettes have only been around for a short time, so the long-term effects of using them is still not known. Here’s what we do know:

- E-cigarettes are not regulated.
- E-cigarettes labeled as nicotine-free may still contain nicotine.
- Potentially harmful ingredients have been found in some e-cigarette liquid.
- Nicotine chambers may leak, increasing the risk for nicotine poisoning.
- Nanoparticles in the vapor may lead to heart disease, asthma, stroke, and diabetes.

Most e-cigarette liquid is made of propylene glycol, glycerin, or a mixture of the two. The liquid usually includes nicotine and different types of flavoring. E-Cigarettes, also known as electronic cigarettes or e-cigs, come in many different shapes and sizes. A battery charged heating element turns flavored liquid laced with nicotine into vapor, which is then inhaled. This is why using an e-cigarette is also known as “vaping.”

The dangers of nicotine

Nicotine is a HIGHLY ADDICTIVE DRUG with serious health risks. It may cause:

- **INCREASED HEART RATE**
- **FEVER**
- **ELEVATED BLOOD PRESSURE**
- **VOMITING**
- **NAUSEA**
- **ADDITION**
- **SHORTNESS OF BREATH**
- **HEADACHES**

can they be used to quit smoking?

- Some people are able to quit smoking with e-cigarettes.
- Others become addicted to e-cigarettes.
- And still others continue to smoke regular cigarettes and e-cigarettes, increasing their nicotine dependence.

FDA-approved Nicotine Replacement Therapies (NRT) like nicotine patches, gum, and lozenges are a safer choice.

why start?

If you don’t smoke, e-cigarettes will only create an appetite for the real thing. If you do smoke, there are plenty of other resources that can help you quit successfully.

- New e-cigarette users may develop a nicotine addiction, which may lead them to traditional tobacco products.
- A nicotine addiction is one of the most difficult addictions to kick.

are they safe?

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opening the door to addiction

- Healthcare professionals believe that e-cigarettes may make smoking popular again.
- E-cigarettes come in dozens of flavors, from tobacco to chocolate.
- The more unusual flavors may persuade young people to try e-cigarettes.

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- VOMITING
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- INCREASED HEART RATE
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- SHORTNESS OF BREATH

no smoking. no vaping. no nicotine. no addiction.