

Electronic Cigarettes: What you need to know

What is an Electronic Cigarette?

E-cigarettes are battery operated devices that heat a liquid to produce a vapor the user inhales. The long-term effects of e-cigarettes and vaporizers are unknown and controversial.

What we know:

- E-cigarettes deliver nicotine, which is harmful.
- These devices deliver nicotine in unknown/unregulated amounts.
- There is currently *no* scientific evidence establishing the safety of e-cigarettes.
- E-cigarettes are *not* approved by the Food and Drug Administration for smoking cessation.
- In initial lab tests, the FDA found detectable levels of toxic, cancer-causing chemicals.
- Lab tests also showed that cartridges labeled as nicotine-free had traceable levels of nicotine.
- There are reports of poisoning in children from e-cigarette liquids containing nicotine.
- The batteries in e-cigarettes are made from lithium and have been known to overheat and explode.
- Second-hand exposure to e-cigarette vapor can be harmful to nonsmokers.

How electronic cigarettes work:

- Smokeless cigarettes, or electronic cigarettes, do not burn tobacco directly.
- They deliver nicotine into an atomizing chamber, where it is heated and turned into a vapor.
- The vapor is drawn into the body in the same way as a regular cigarette is smoked.

