e-cigarettes
Q&A

What are e-cigarettes
Electronic cigarettes (e-cigarettes) are products that allow users to breathe in vapor. The vapor contains nicotine, flavorings, and other additives. These products are commonly referred to as:

- e-cigarettes
- e-cigs
- Cigalikes
- e-hookahs
- Mods
- Vape pens
- Vapes
- Tank systems

Why do people use e-cigarettes?
Common reasons for using e-cigarettes include curiosity, flavor, and taste. Some people believe that they are less harmful than other tobacco products. e-Cigarettes are now the most commonly used tobacco products among youth, exceeding conventional cigarettes in 2014. e-Cigarettes are promoted as smoking cessation tools; many people believe that e-cigarettes are quitting aids.

What are the risks?
e-Cigarette vapor is NOT harmless. It can contain harmful ingredients, including nicotine. Nicotine exposure during youth can cause addiction and can harm the developing brain. e-Cigarettes should not be used indoors or around children. Drinking e-cigarette liquids can cause sickness and possibly death. The health effects and potentially harmful doses are not completely understood. Patients are urged to set a quit date for their e-cigarette usage. Continued cigarette smoking, even at lower levels, continues to increase health risk.

What is the controversy about e-cigarettes?
e-Cigarette vapor is likely to be less toxic than cigarette smoking. However, e-cigarettes are NOT an FDA-approved quit-smoking aid. The evidence is currently not enough to prove that e-cigarettes are effective for quitting smoking. There are no long-term safety studies of e-cigarette use.

Questions to ask your health-care provider?
What are the types of medicines that can help me stop smoking?
What else will help besides medications?
If I have tried to quit is it worth trying again?
(Most smokers try several times before being successful)
Do all people gain weight when they stop smoking?
What can I do to keep my weight steady while trying to quit?

For more information see:
American Lung Association - Myths and Facts About E-cigarettes
CDC - 2016 Surgeon General’s Report: E-Cigarette Use Among Youth and Young Adults
FDA – Vaporizers, E-Cigarettes, and other Electronic Nicotine Delivery Systems (ENDS)