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 the past, 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)