

e-cigarette fact sheet

What are e-cigarettes?



Electronic cigarettes are battery-operated devices designed to look like and to be used in the same manner as regular cigarettes. Sold online and in many shopping malls, the devices generally have cartridges filled with nicotine, flavor and other chemicals. They turn this nicotine, which is highly addictive, and the other chemicals into a vapor that is inhaled by the user.

Lies companies tell about e-cigarettes:

Misleading promoters say e-cigarettes are:

- A “tar-free” alternative to cigarettes
- A tool to suppress cravings and help people quit
- A healthier alternative to smoking cigarettes



the truth about e-cigarettes:

They're addictive.

Because e-cigarettes contain nicotine — the primary addictive drug in all tobacco products — they continue the addiction to nicotine by delivering the drug through a different device. They are sold in sweet flavors that appeal to youth, and are inappropriately promoted as a safer alternative to cigarettes.

They're unsafe.

E-cigarettes were not regulated by the U.S. Food and Drug Administration (FDA) until September 2010. The FDA opposes the products, saying e-cigarettes “may contain ingredients that are known to be toxic to humans.” Since product studies haven’t yet been submitted to the FDA, “consumers currently have no way of knowing 1) whether e-cigarettes are safe for their intended use, or 2) about what types or concentrations of potentially harmful chemicals or what dose of nicotine they are inhaling when they use these products.”

They are not recommended to help people quit.

According to the World Health Organization, e-cigarettes are not a legitimate quitting aid. The FDA says e-cigarettes actually contain cancer-causing chemicals and may even increase addiction. If you're trying to quit, the Washington State Department of Health encourages you to use approved nicotine replacement therapies like nicotine patches, gum, inhalers or lozenges. E-cigarettes are not an approved replacement therapy and are not recommended to help people quit.

a better way to quit

E-Cigarettes are not effective at helping people quit smoking. But **approved nicotine replacement therapies can increase your chances of quitting by 50% to 70%.**

Nicotine patches, gum, inhalers or lozenges are safe and effective therapies.

Combining nicotine replacement therapy with a **quit plan** further increases your chance for success. The Washington State Tobacco Quit Line has trained quit coaches ready to help! For help quitting, call the Quit Line at 1-800-QUIT-NOW or go to www.QuitLine.com.



for more information

- **Contact TOGETHER!** at 360-493-2230 or info@ThurstonTogether.org.
- **Do your own research!** Look online and read as much as you can about e-cigarettes. Learn both sides of the story. Make sure the articles you read are science-based and include facts, not opinions.
- **Check out the links** in the "Sources" section below. They will direct you to the articles used to create this fact sheet and will show you why global health leaders such as the FDA and the World Health Organization do not support e-cigarettes.

sources

1. Elliott, Debbie (April 13, 2009). "Officials Probe E-Cigarettes' Health Claims." Retrieved from <http://www.npr.org/templates/story/story.php?storyId=102964325>. Last accessed Aug. 23, 2010.
2. U.S. Food & Drug Administration (July 23, 2009). "Consumer Update- FDA Warns of Health Risks Posed By E-Cigarettes" Retrieved from <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm173401.htm>. Last accessed Aug. 23, 2010.
3. World Health Organization (Sept. 19, 2008). ""Marketers of Electronic Cigarettes Should Halt Unproved Therapy Claims." Retrieved from <http://www.who.int/mediacentre/news/releases/2008/pr34/en/index.html>. Last accessed Oct. 13, 2010.

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To join the youth advocacy group

Students Protesting Lies About Tobacco!:

- Call 360-493-2230, ext. 17.
- Email jyuckton@ThurstonTogether.org.