



Electronic/Vaporized Cigarettes

Electronic cigarettes (e-cigarettes) are battery operated products designed to turn nicotine and other chemicals into a vapor. You then inhale the vapor. These products are often made to look like:

- Cigarettes
- Cigars
- Pipes
- Pens

E-Cigarettes may contain ingredients that are known to be toxic to humans. Because clinical studies about the safety of e-cigarettes have not been submitted to the U.S. Food and Drug Administration (FDA), you have no way of knowing:

- If they are safe
- Which chemicals they contain
- How much nicotine you are inhaling

Nicotine is a highly addictive substance. Additionally, these products may be attractive to kids. Using e-cigarettes may lead kids to try other tobacco products—including conventional cigarettes—which are known to cause disease and lead to premature death.

With e-cigarettes there are many unknowns, including the unknown health effects of long-term use. Currently, there are no e-cigarettes approved by FDA for therapeutic uses so they cannot be recommended as a cessation aid.

Source: US Department of Health and Human Services, 2014