E-Cigarettes

Friend or Foe?
E-cigarettes contain a liquid cartridge with nicotine in it. The liquid is vaporized by a battery powered heating element and inhaled into the lungs of the smoker much like when smoking a cigarette.
Just the Facts

• E-cigarette is a shorter term for electronic nicotine delivery system.

• Inhaling the liquid from the e-cigarette is known as “vaping” because users are breathing in the nicotine vapor and not the typical cigarette smoke we think of.

• The liquid nicotine that goes into e-cigarettes comes in hundreds of flavors.

• There is not currently enough data out there to determine the long term health effects of e-cigarette use.
**Myth:** The water vapor that is inhaled is completely safe.

**Fact:** E-cigarette liquid contains nicotine, water, and a solvent. Recent studies have found harmful chemicals such as the heavy metals chromium, nickel, and lead as well as formaldehyde within the vapor. The vapor is still a respiratory irritant that may be carcinogenic (cancer-causing) to the smoker.
**Myth:** There is no risk of secondhand smoke effects with the E-cigarette.

**Fact:** The toxins that e-cigarette smokers are breathing in are also emitted to other people in the room when they exhale. The aerosol can also leave a residue on household surfaces and cause a phenomenon known as “thirdhand smoke” exposure. In both cases, the toxins can be inhaled by nonsmokers leading to potential damage to their airways.
Myth: E-cigarettes wouldn’t be sold over the counter if they weren’t safe.

Fact: There’s no way to ensure the safety of these products because they are not regulated by the FDA. This means from brand to brand and cartridge to cartridge you may be getting different levels of nicotine and harmful chemicals. These companies don’t disclose all of the ingredients within the product.
Myth: E-cigarettes can be used as a smoking cessation product.

Fact: There are safe, FDA approved ways to quit smoking. E-cigarettes are not one of them, because it is impossible to know how much nicotine they contain. Studies have shown that even some e-cigarettes that claimed to have no nicotine still had levels of it within the liquid.
Proven Smoking Cessation Products

Containing Nicotine
- Work by weaning the body of nicotine by giving it in progressively lower controlled amounts.
  - Skin patches
  - Chewing gum
  - Lozenges

Non-Nicotine
- Prescription medications that act in the site of the brain that responds to nicotine. Eases withdrawal and blocks nicotine receptors if smoker begins smoking again.
  - Chantix
  - Zyban
Quit Smoking Resources

• Office of Health, Alcohol and Drug Education
  – 2nd floor of the Health Center
  – (765)285-3775
  – Individual and group smoking cessation classes

• Student Health Center
  – 1500 Neely Avenue
  – (765)285-8431

• 1-800-QUIT-NOW
  – Free phone-based counseling service available 7 days a week