E-cigarettes: DANGERS you need to know

An electronic cigarette, or “e-cigarette” is a personal vaporizer device that is battery powered and provides inhaled doses of nicotine, or e-liquid, through a vaporized solution. E-cigarettes are considered drug delivery systems.

![Diagram of an e-cigarette](image)

**Battery**
Rechargeable. Has indicator light on tip to indicate use.

**Atomizer**
(heating element)
Vaporizes the e-liquid

**Mouthpiece**
Disposable plastic piece which holds e-liquid

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**NOT a safe alternative!**

- E-cigarettes are not approved by the Food & Drug Administration (FDA).¹

- Some tests have shown e-cigarettes to contain some cancer causing chemicals. Other health risks are still being identified.²³

- E-cigarettes are not a proven nicotine replacement therapy since there is no scientific evidence to confirm the product’s safety.

- Risk of nicotine poisoning with misuse.³

  - On average, 2-5 puffs from an e-cigarette is equal to about one cigarette. However, a regular cigarette requires about 12 puffs.

  - Individuals may feel the need to take more puffs than needed. Since cartridges come in varying amounts of nicotine, the risk of nicotine poisoning is increased exponentially.³

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**NOT a quitting tool!**

E-cigarettes are widely advertised as a tool to quit smoking. However, there are few conclusive tests on the e-liquid that show what the liquid is made of besides nicotine. Also, there is little information about how to correctly use e-cigarettes as part of a cessation program.

The cartridges for e-cigarettes can be purchased in different nicotine amounts ranging from no nicotine to 16 mg of nicotine. Therefore, if misused, an individual could potentially consume more nicotine than other tobacco products.²

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**Ready to be tobacco free?**

If you or someone you know would like FREE information about help in quitting tobacco use, call

**NEW-LUNG**
1-866-639-5864

or visit our website at

www.newlung.org

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Sources:

