What are electronic cigarettes?

- Electronic cigarettes (e-cigarettes) are battery operated devices that contain nicotine, flavors, and other chemicals. (FDA, 2013)
- Illegal substances, such as marijuana, have been used in e-cigarette devices.
- E-cigarettes give off a vapor instead of smoke. The vapor comes from heating a liquid.
- E-cigarettes are available in different flavors, such as chocolate, strawberry and mint, which may appeal to young people. (FDA, 2013)
- E-cigarettes are designed to look like and be used in the same way as regular cigarettes. (FDA, 2013)
- They are also called vaporizer pens and hookah pens. Here are some examples:

E-cigarette use among teens

- In California, the sale or furnishing of e-cigarettes to individuals younger than 18 years of age is prohibited by state law. (California Health and Safety Code, Section 119405)
- The percentage of U.S. middle and high school students who use e-cigarettes more than doubled from 2011 to 2012. (MMWR, CDC, 2013)
- In 2012, more than 1.78 million middle and school students nationwide had tried e-cigarettes. (MMWR, CDC, 2013)
- 1 in 5 middle school students who reported ever using e-cigarettes say they have never tried regular cigarettes. E-cigarettes could be an entry point to use of regular tobacco products, including cigarettes. (MMWR, CDC, 2013)

What can parents do?

- Talk with your children before they begin smoking or using e-cigarettes, which is also called vaping. (Individuals who do not use tobacco before the age of 26 are likely to never start.) (Office of Adolescent Health, 2013)
- Talk to your children about the health risks of regular cigarettes and e-cigarettes. (Young people who see tobacco use as less harmful are more likely to start using tobacco.) (Office of Adolescent Health, 2013)
- Talk to your children about your expectations, such as how you strongly disapprove of their using tobacco. This can lessen a teen’s risks of smoking or vaping. (Office of Adolescent Health, 2013)
- Adolescents raised in authoritative households have been shown to engage in fewer risky behaviors, such as smoking, than adolescents from non-authoritative families. (Latin American Journal of Nursing, 2008)
- Talk to your children about e-cigarette ads they see in the movies, internet, and on TV, or hear about on the radio. Use this as a chance to talk to your children about the health effects of smoking or vaping. (Office of Adolescent Health, 2013)

Do you or someone you know want to quit smoking?

FREE HELP is available by calling 1-866-NEW-LUNG (1-866-639-5864)
Are there any health effects from using e-cigarettes?

- Some e-cigarette brands claim they do not contain nicotine, but when tested, they have been found to contain some levels of nicotine. *(FDA, 2010)*

- Nicotine is the addictive chemical that makes it hard to quit smoking. *(FDA, 2013)*

- Some e-cigarettes have also been found to contain a chemical called diethylene glycol, a toxic chemical used in antifreeze. *(FDA, 2013)*

- Other samples have been found to contain some of the same cancer-causing chemicals that are in regular cigarettes. *(FDA, 2013)*

- At this time, there are some known short-term health effects, but we do not know if there are long-term health effects.

- While the flavorings found in e-cigarettes are safe to consume, inhaling them may be harmful. Some of the flavorings have even been shown to be toxic.

- There is no proof that e-cigarettes are safe for those who smoke or for those who breathe in the vapor. *(FDA, 2013)*

- E-cigarettes are not an approved tool for quitting smoking. *(FDA, 2010)*

- Currently, e-cigarettes are not regulated by the Food and Drug Administration (FDA), so the safety and the purity of the devices are unknown.