

What is the deal with VAPES?



Vapes, or electronic-cigarettes, are battery-powered devices that supply nicotine and/or flavors through an inhaled vapor solution.

Vapes are designed to look similar to cigarettes. There is no burning involved, so vapes are formally referred to as electronic nicotine delivery systems (ENDS).

Vapes consist of three parts: 1) battery, 2) atomizer (heating element), 3) cartridge (holds e-liquid). E-liquid is made in many flavors, such as menthol, vanilla, and piña colada, with varying amounts of nicotine.

To date, vapes are not approved as a cessation tool and they are not regulated by the Food and Drug Administration (FDA).

Safety and Quality

The FDA found cartridges contained levels of known cancer-causing agents and toxic chemicals, including:

- *Diethylene glycol*: a potentially lethal compound found in antifreeze
- *Nitrosamines*: same cancer-causing agent found in regular cigarettes

Marketing and Commercial Appeal

- Companies market their products as better-smelling, cheaper, concealable, socially acceptable, and healthier alternative to smoking.
- High-tech designs, accessibility online or at mall kiosks, and wide variety of flavors attract youth.

These factors may increase recreational use, even for non-tobacco users, rather than help people quit smoking.

E-Liquid or E-Juice

- E-liquids come in many flavors, such as apple pie, peanut butter and jelly, and champagne, which young people may find appealing.
- Nicotine levels in e-liquid range from 0mg to 24 mg. Quality control for e-liquid is inconsistent or non-existent.
- E-liquid labeled as 0mg of nicotine have been found to still contain low levels of nicotine.

Other Health Risks

- Refilling cartridges may increase exposure to high concentrations of nicotine through skin contact, inhalation, or ingestion.
- E-liquid ingredients may irritate airways and lead to allergic reactions.

Attitudes and Concerns

Common reasons for vape use include: perception that they are healthier and less toxic than cigarettes, lessens withdrawal symptoms, helps people quit smoking, and prevents relapse.

- However, vape use has been found to contribute to *dual use* of tobacco products and nicotine products, which may increase risks of nicotine addiction.
- Vapes could be worrisome in regards to relapse for former tobacco users, “re-normalization” of tobacco, and a gateway to cigarettes.
- Big tobacco companies joined the electronic-cigarette market by producing their own products. A popular e-cigarette brand, Blu, is owned by Lorillard, the same tobacco company that makes Newport menthol cigarettes.
 - This is a concern because youth are more exposed to e-cigarette advertising.



FREE

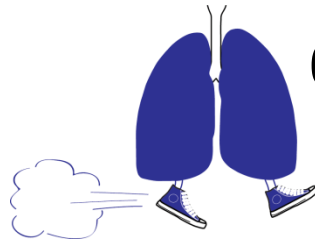
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Vapes and Electronic Cigarettes

What Do We Know?



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