

E-CIGARETTES/VAPORIZERS

What Are They?



E-cigarettes, including e-pens, e-pipes, e-hookah and e-cigars, are known collectively as electronic nicotine delivery systems (ENDS). According to the FDA, e-cigarettes are devices that allow users to inhale an aerosol (vapor) containing nicotine or other substances.

Unlike traditional cigarettes, e-cigarettes generally are battery-operated and use a heating element to heat e-liquid from a refillable cartridge, releasing a chemical-filled aerosol.

Instances of e-cigarette toxicity are rising nationwide.



Nicotine Toxicity Symptoms:

- Nausea
- Vomiting
- Lethargy
- Skin and ocular irritation
- Hypertension
- Tachycardia

Are They Dangerous?

E-cigarettes still have largely unknown public and individual health effects.

They are entirely unregulated by the U.S. Food and Drug Administration (FDA), so there are no safety checks or standard requirements for what ingredients are used in e-cigarettes.

One study published by the FDA found the following substance:

- Diethylene Glycol (ingredient in antifreeze)
- Tobacco-specific Nitrosamines (human carcinogens)
- Anabasine and Myosmine (tobacco-specific impurities unsafe to humans)

Out of the 18 cartridge samples in the study, all but one of the cartridges labeled as “no nicotine” actually contained low levels of nicotine.



Are They Useful Quit Aids?

There have not been any scientific studies that prove e-cigarettes actually help people to quit smoking.

Poison center calls involving e-cigarettes

