

## **E-Cigarette FAQ**

### **Q1: What are E-cigarettes?**

**Answer:** E-cigarettes, also known as e-cigs, e-hookahs, mods, tank systems, vapes or vape pens, are battery-powered vaporizers that simulate the action and sensation of smoking. The products don't use tobacco, but most contain and deliver nicotine. The user inhales aerosol, commonly called vaping. E-cigarettes come in many different sizes, varieties, flavors, and colors.

### **Q2: What is vaping?**

**Answer:** Vaping is the act of inhaling and exhaling the aerosol, often referred to as vapor, which is produced by an e-cigarette or similar device. The term is used because e-cigarettes do not produce tobacco smoke, but rather an aerosol, often mistaken for water vapor, that consists of fine particles. Many of these particles contain varying amounts of toxic chemicals, which have been linked to cancer, as well as respiratory and heart disease.

### **Q3: Are E-cigarettes Safe?**

**Answer:** According to the American Lung Association, the use of electronic devices to inhale vaporized nicotine-containing liquids is a serious public health concern. E-cigarettes are unregulated tobacco products. "We don't know for sure what's in them. Studies have found solvents and toxic chemicals including an ingredient used in antifreeze for formaldehyde in e-cigarettes. Because the FDA doesn't regulate these products, there aren't requirements around ingredient disclosure, warning labels, or youth access restrictions." In addition to nicotine, the aerosol created by e-cigarettes can contain ultrafine particles, flavorings such as diacetyl, a chemical linked to serious lung disease; volatile organic compounds such as benzene which is found in car exhaust; and heavy metals, such as nickel, tin, and lead.

### **Q4: Do E-cigarettes contain nicotine?**

**Answer:** Almost all e-cigarettes contain nicotine, including many that claim they are nicotine-free. A 2014 study showed wide-ranging nicotine levels in e-cigarettes and inconsistencies between listed and actual nicotine levels in these products. Nicotine is an addictive substance that can have negative health impacts, including on adolescent brain development. Research confirms that the brain is still developing until about age 25; the brain is the last organ in the body to develop fully. During periods of significant brain development, nicotine exposure can disrupt the growth of brain circuits that control attention, learning, and susceptibility to addiction. Nicotine can even train the brain to be more easily addicted to other drugs like methamphetamine and cocaine. The more nicotine a person uses, the greater the potential for addiction.

### **Q5: Aren't e-cigarettes safer than conventional cigarettes?**

**Answer:** Although some e-cigarettes may contain just water and flavoring, many cigarettes contain nicotine. There are also other chemicals in them, as stated above, that can be harmful. Furthermore, some e-cigarette batteries have exploded and hurt people.

**Q6: Can e-cigarettes help smokers quit?**

**Answer:** The FDA hasn't found any e-cigarette to be safe and effective in helping smokers quit. Instead of quitting, many e-cigarette users are continuing to use e-cigarettes while still using conventional cigarettes.

**Q7: What is a Popcorn Lung and what is its connection to the use of e-cigarettes?**

**Answer:** In 2015, a particularly alarming challenge was made to the safety of e-cigarettes by a team of researchers at Harvard. While examining the contents of refill liquids, sometimes called e-juice or e-liquid, they found that 75 percent of the flavored refills they tested contained a chemical called diacetyl, an artificial flavor with a buttery taste. In 2000, this chemical made the news as the probable cause of a rare lung disease diagnosed in eight microwave popcorn factory workers. The disease was bronchiolitis obliterans, or *popcorn lung*. There are treatments that can slow the progression of the disease, but it's irreversible.

**Q8: How is the tobacco industry involved in promoting e-cigarettes?**

**Answer:** The tobacco industry uses flavoring in e-cigarettes to disguise the taste of tobacco. They also price e-cigarette products cheaply to encourage impulse purchases. Finally, these cheap tobacco products are easily available in gas stations, pharmacies, corner stores, grocery stores, mini-marts, and other types of retail stores.

Resources:

<https://www.smores.com/td0s1>

<http://www.lung.org/stop-smoking/smoking-facts/e-cigarettes-and-lung-health.html>

<https://www.cancer.org/.../surgeon-general-calls-e-cigarettes-dangerous-to-young-peo...>