

# TOBACCO

## Facts

### Electronic Cigarettes (E-Cigarettes)

- Electronic cigarettes, or E-cigarettes, are nicotine delivery devices that are relatively new to the U.S. market. E-cigarettes are battery operated and do not contain tobacco, but are designed to look and feel like a cigarette. The potential user is lead to believe that E-cigarettes are a healthier alternative to smoking cigarettes and can be used to help stop smoking.



- The U.S. Food and Drug Administration (FDA) has not approved the E-cigarette as a cessation aid and it has not been shown to be safe. Preliminary FDA tests of E-cigarette samples indicate they contain carcinogens and toxic chemicals such as diethylene glycol, an ingredient used in antifreeze.<sup>1</sup>
- Nicotine solutions for E-cigarettes are offered in differing strengths and vary by company – each with their own concentration methods. Solutions are very concentrated and contain from 500 to more than 1,000 mg of nicotine in one 30 ml or 1 oz. bottle. This creates the potential for overdosing or poisoning as the lethal dose of nicotine for adults is 30 to 60 mg if swallowed, and for children is just 10 mg.<sup>2</sup>

- E-cigarettes model smoking behavior to youth. Many of the nicotine solutions come in fruit and candy flavors that appeal to young people, including vanilla, chocolate, strawberry, grape, bubble gum, cherry, mint and peach cobbler, among others. This increases the appeal of E-cigarettes to youth, paving the way for them to become a “gateway” to tobacco use.<sup>3</sup>
- There are no studies available detailing what inhaling water vapor, propylene glycol, pure nicotine and any other undisclosed substance contained in the vapor will do to human lungs, heart or cardiovascular system.<sup>3</sup>
- The best advice for the health of tobacco users is to quit using tobacco. Eliminating tobacco use improves your health and saves you money. For help with quitting, call 1.800.QUIT.NOW (1.800.784.8669) or log on to [www.nd.quitnet.com](http://www.nd.quitnet.com).
- For more information about E-cigarettes, visit the American Legacy Foundation website at [www.legacyforhealth.org/3228.aspx](http://www.legacyforhealth.org/3228.aspx).

#### Sources:

- Graphic of E-cigarette provided by American Legacy Foundation.
- <sup>1</sup> *FDA Warns of Health Risks posed by E-cigarettes.* U.S. Food and Drug Administration. (2009, July) from <http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/2009/ucm173222.htm>.
- <sup>2</sup> Indiana Tobacco Prevention and Cessation (2009, May 27). *E Cigarettes* Retrieved from <http://.in.gov/itpc/files/ECigarettes.pdf>.
- <sup>3</sup> West Virginia Division of Tobacco Prevention and Control. News 2 Use (Summer 2009) E-cigarettes Remain Controversial And Lack The Proof Of Any Health Benefits.