

Thinking About Vaping?

Think it's harmless or risk-free?

- Five minutes of e-cigarette use has lung effects similar to tobacco smoking.¹
- Substances used to flavor e-cigarette liquids that might be safe for eating are associated with respiratory disease when inhaled.²
- Contains same addictive drug (nicotine) as in cigarettes.

Think it's only "water vapor"?

In fact, these products produce a dense visible aerosol of liquid sub-micron droplets consisting of glycols, nicotine, volatile organic compounds, and carcinogens (e.g., formaldehyde, nitrosamines, and metals like cadmium, lead, tin & nickel).³

"E-cigarette manufacturers and retailers are making unproven health claims about their products – asserting that they are safe or safer than traditional cigarettes."⁴

SAFE? THINK AGAIN!

1 Vardavas CI, Anagnostopoulos N, Kougias M, Evangelopoulou V, Connolly GN, Behrakis PK. Acute pulmonary effects of using an e-cigarette: impact on respiratory flow resistance, impedance and exhaled nitric oxide. *Chest*. Dec 22 2011.

2 Konstantinos E, Farsalinos, KE; Kistler, KA; Gilman, G; Voudris, V. "Evaluation of Electronic Cigarette Liquids and Aerosol for the Presence of Selected Inhalation Toxins." *Nicotine and Tobacco Research* [Epub ahead of print], September 1, 2014

3 E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General. Dec 8 2016.

4 American Cancer Society, American Heart Association, The Campaign for Tobacco-free Kids, American Lung Association. Policy guidance document regarding e-cigarettes; June 2011.