



Electronic Cigarettes

What is an electronic cigarette?

Electronic cigarettes (or e-cigarettes, e-cigs) are battery operated nicotine delivery devices made to look and feel like regular cigarettes. Or, they can be made to look like an everyday item such as a pen or USB memory stick, for people who want to use them without being noticed. Liquid nicotine and other chemicals in the cartridge are heated and vaporized by an internal battery, then inhaled through the mouthpiece. The act of smoking an e-cigarette is often called “vaping”. The nicotine cartridges come in various nicotine strengths and fruit and candy flavors. Brands include Blu, NJoy, V2 and Smoke Tip.



Photo courtesy of Wake Forest Baptist Health

There is NO proof e-cigarettes help people quit smoking. E-cigarettes have not been approved by the FDA as a nicotine replacement therapy and are not recommended to help quit smoking.

You can NOT use e-cigarettes anywhere. Many smoke-free venues, including workplaces, airlines, restaurants and bars prohibit the use of e-cigarettes. It is completely legal for an owner or manager of an establishment to ban e-cigarettes.

There are NO quality controls on e-cigarettes. While candy flavored cigarettes have been banned by the FDA, e-cigarettes are still produced in candy and fruit flavors such as strawberry, mint, and chocolate. Very limited research has been conducted on the safety of e-cigarettes and the risks posed by them are unknown. There’s no way to know what’s in the product and what you are putting in your body.

The fruit and candy flavorings may appeal to youth. The FDA, the Centers for Disease Control and Prevention, and the American Academy of Pediatrics have all expressed concern that e-cigarettes may be appealing to youth and may increase youth tobacco use.

THE BOTTOM LINE: CHOOSE NOT TO VAPE.

For free help to quit smoking or using tobacco call 1-800-QUIT-NOW or visit www.smokefree.gov.



For more information about Tobacco Free Colleges or for assistance in adopting and implementing tobacco-free policies and promoting cessation visit www.tobaccofreecollegesnc.com.

Sources: U.S. Food and Drug Administration (2009). FDA and Public Health Experts Warn About Electronic Cigarettes; Wollscheid, K. A., & Kremzner, M. E. (2009). Electronic cigarettes: Safety concerns and regulatory issues. *American Journal of Health-System Pharmacy*, 66(19), 1740-1742.