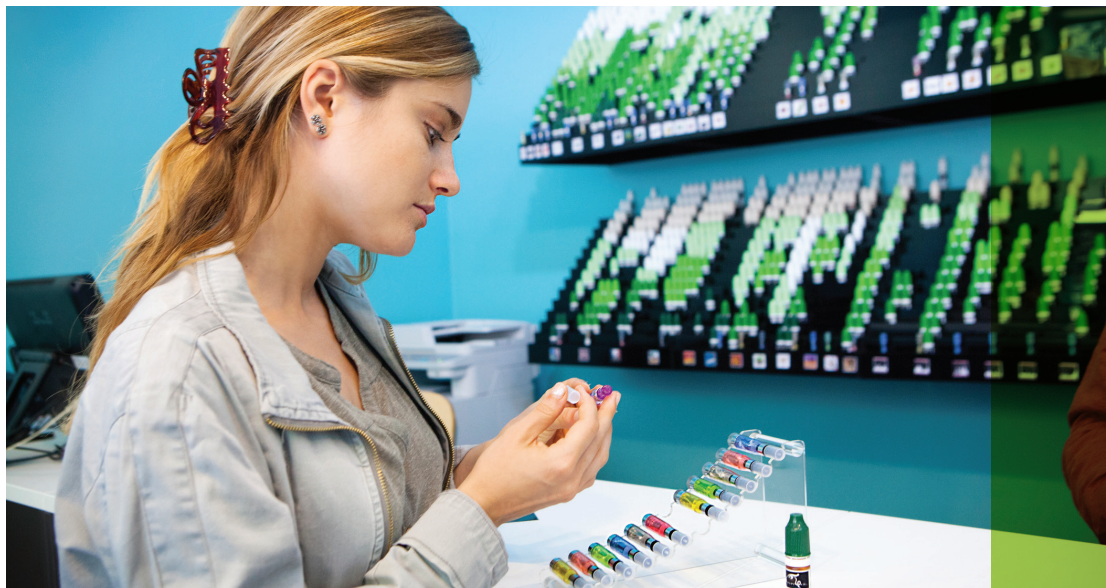


E-cigarettes: What to know



Substituting one health risk for another

Vapors from e-cigarettes aren't harmless water particles

Most electronic cigarettes (e-cigarettes) contain nicotine, which is why they're often classified as electronic nicotine delivery systems (ENDS).¹

Some smokers simply don't believe that e-cigarettes are harmful—they're just inhaling harmless water particles with a "manageable" amount of nicotine. Right?

Wrong. These products are addictive and can be harmful to your health.

- The aerosol created by ENDS products is not harmless water vapor. In addition to nicotine, ENDS aerosols can contain heavy metals and cancer-causing agents like acrolein.¹
- As of February, 2020, a total of 2,807 hospitalized e-cigarette (or vaping), product use-associated lung injury cases or deaths had been reported to the CDC in the U.S. Many cases were associated with adding marijuana or other drugs to the vaping products and/or acquiring products from informal sources (family/friends, dealers, online, or other sources).¹
- The evidence is sufficient to warn pregnant women and women of reproductive age about the use of nicotine-containing products such as smokeless tobacco, dissolvables, and ENDS as alternatives to smoking.
- The American Cancer Society cautions anyone considering e-cigarettes as harmless should know that the long-term health risks of using e-cigarettes—or being exposed to them secondhand—are unknown.²

So, if you're using a smokeless "alternative" to cigarettes, please make a plan to quit. We urge you to pick a healthier path.

Need support? We encourage you to get your free copy of "Quit smoking for good: Where to start in order to stop successfully" by <insert instructions here>.

1. Centers for Disease Control and Prevention, "Electronic Cigarettes," accessed at https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm, June, 2020
2. American Cancer Society, "Tobacco and Cancer Fact Sheet," accessed at <https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/tobacco-and-cancer-fact-sheet-patient-version.pdf>, January 2021

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