

The Truth about Electronic Cigarettes



What are e-cigarettes?

Electronic cigarettes, or e-cigarettes, are part of the **electronic nicotine delivery systems (ENDS)** group, which includes e-pens, e-pipes, e-hookah, e-cigars and “vaping” products. **E-cigarettes are the most commonly used tobacco product among today’s youth and are known to have many harmful effects.**

E-cigarettes are battery operated and work by heating e-liquid from a cartridge, releasing a chemical-filled “smoke” which is inhaled and then exhaled.

E-cigarettes have NOT been found safe or effective in helping smokers quit. In fact, youth or young adults using e-cigarettes are at an INCREASED risk of using traditional cigarettes.

What is inside e-cigarettes?

The e-liquid inside ENDS products contains many dangerous chemicals. When the e-liquid heats up, toxic chemicals are formed that can cause **irreversible damage to the brain, lungs, blood vessels, and more.**

Known chemicals include:

- **Nicotine:** A highly addictive chemical that negatively affects adolescent brain development.
- **Propylene glycol:** A common additive in food and cosmetics. It causes harm to the lungs and eyes.
- **Formaldehyde** and **acetaldehyde:** These cancer-causing ingredients are also found in traditional cigarettes.



For more information, visit
optimahealth.com/quitsmoking

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Free Tobacco Cessation Resources

For help with stopping the use of these or other tobacco products:

Get Off Your Butt: Stay Smokeless for Life

Optima Health designed this self-paced tobacco cessation program to help tobacco users quit. This program teaches about the nature of nicotine addiction and effective ways to control dependency and addiction. Visit optimahealth.com/mylifemyplan to learn more.

WebMD® Health Services

Discover resources that can help you beat tobacco, including counseling, online tracking, and quick reads to keep you on track. Log in to optimahealth.com/mylifemyplan and select Wellness Tools. Click on Daily Habits at the top of your WebMD portal homepage and select Quit Tobacco.

State Quitline

A state-funded tobacco cessation program with counseling and free nicotine replacement therapy. Call 1-800-QUIT-NOW (1-800-784-8669) for assistance.

Sources:

E-Cigarettes & Vaping, American Lung Association, 2020, <https://www.lung.org/quit-smoking/e-cigarettes-vaping>

Public Health Consequence of E-Cigarettes, National Academies of Sciences, Engineering, and Medicine, 2018, <https://nap.nationalacademies.org/catalog/24952/public-health-consequences-of-e-cigarettes>

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